

Southern COACH & ATHLETE

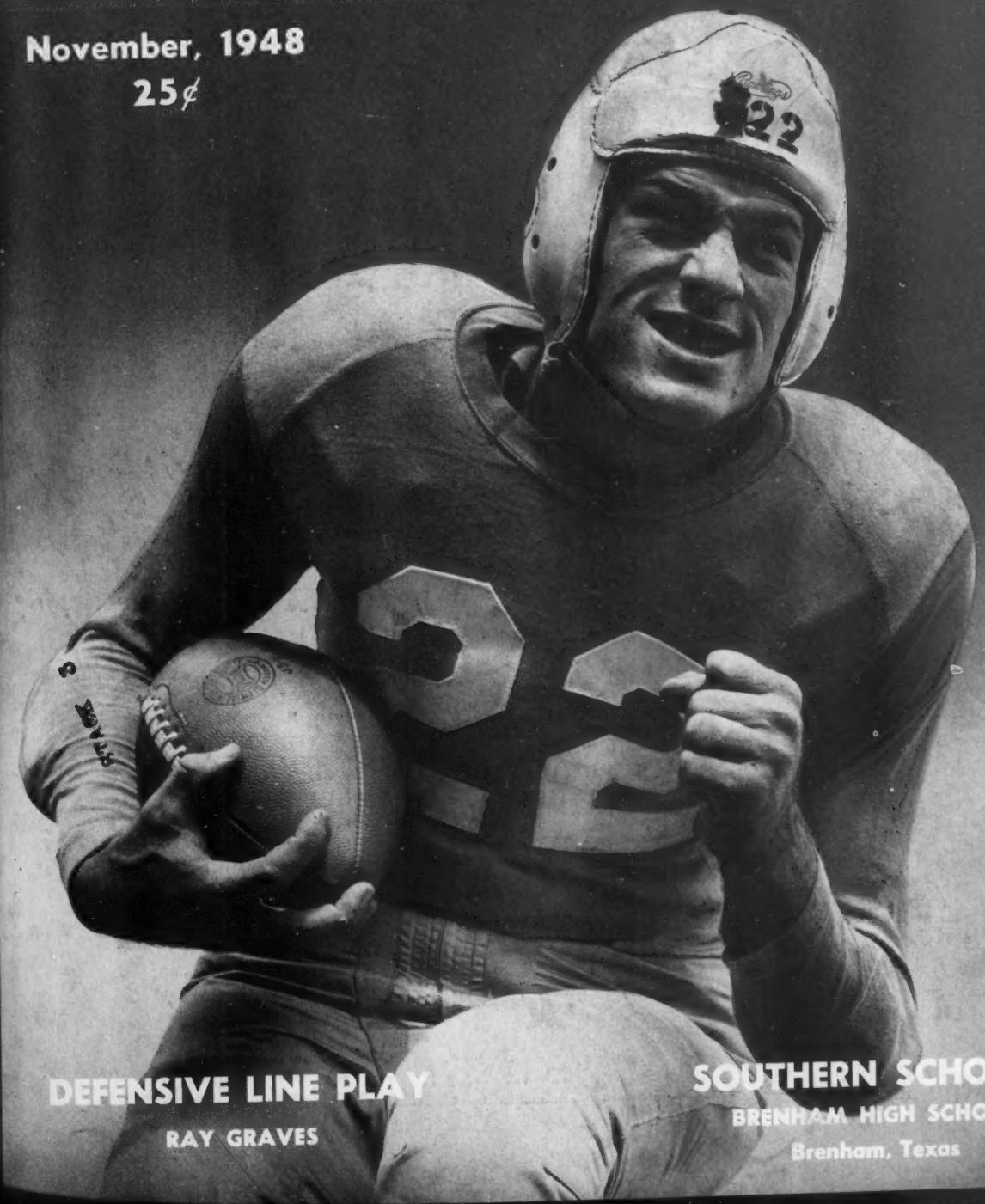
Vol. XI

A Magazine for Coaches, Players, Officials and Fans

No. 3

November, 1948

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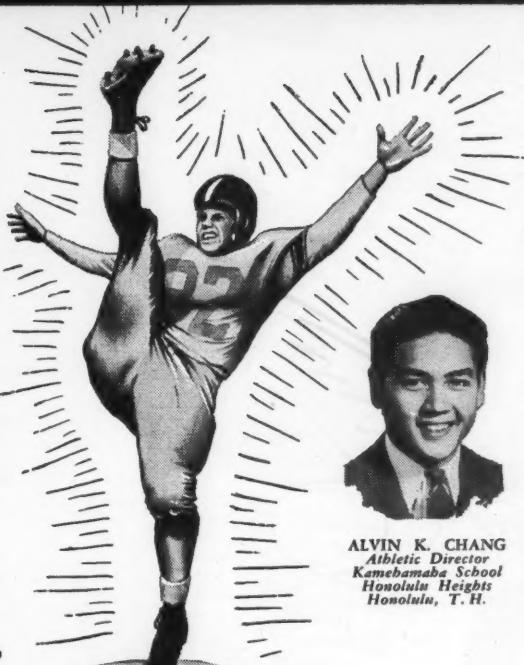
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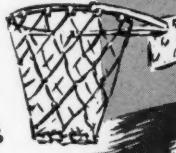
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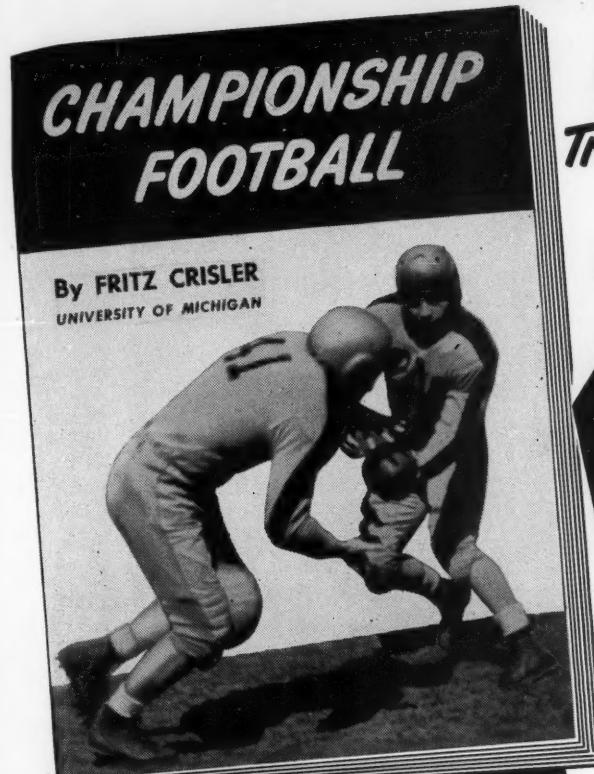
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The Magazine for Coaches, Players, Officials and Fans

Volume XI

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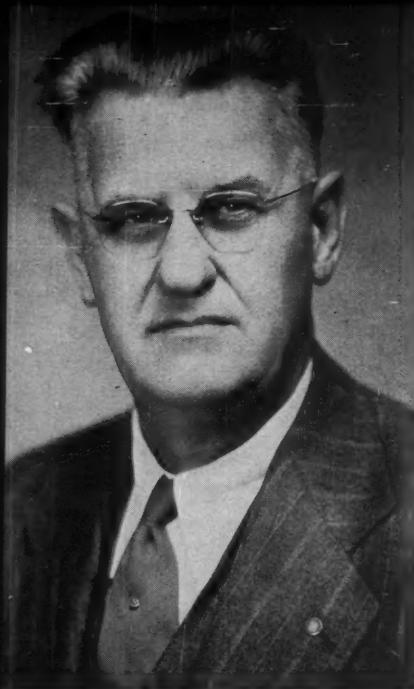
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FRANK W. ALLENSON

BRENHAM is located approximately in the center of historical Washington County. The Southern Pacific Railroad passes through in east-west direction and the main line of the Santa Fe Railroad from Galveston to Chicago passes through in a north-south direction. Five concrete highways converge on Brenham like spokes to the hub of a giant wheel.

Washington County is the cradle of liberty and education in Texas. On March 2, 1836, the Declaration of Independence of Texas from Mexico was signed in a blacksmith shop located at Old Washington on the Brazos, making Texas a Republic.

In the year 1840, the Hickory Grove private school was established. This school was later

BRENHAM HIGH SCHOOL MAJORETTES



SOUTHERN SCHOOLS

BRENHAM HIGH SCHOOL

Brenham, Texas

*Washington County, the Cradle of
Texas Education*

By FRANK W. ALLENSON, Superintendent

taken over and operated by the Masonic Lodge until 1875. On petition of the citizens of Brenham, this school, which later became the Brenham Independent School District, was established as the first tax supported public free school in Texas in April, 1875, with W. C. Rote as Superintendent. Brenham had the first accredited high school in the state of Texas.

Baylor University and Baylor Female College were established at Independence in 1845. In 1886, Baylor University was moved to Waco, Texas and Baylor Female College was moved to Belton, Texas.

Soule University was established at Chapel Hill, Texas, in 1854. In 1875, it was combined with Southwestern University at Georgetown, Texas.

The Evangelical Lutheran College was established at Brenham, Texas, in 1890. This school was moved to Seguin, Texas, in 1911.

Blinn College was established at Brenham, Texas, by the Methodist church in 1883. It became a Junior College in 1927 and became the first county-operated Junior College in Texas in 1937.

Brenham is named after Dr. Richard Fox Brenham, a hero of the ill-fated Mier Expedition into Mexico. The three hundred men were taken captive and imprisoned at Hacienda de Salado, Mexico. Leading a break for liberty, Dr. Brenham was killed February 11, 1843. The bones of those killed were later returned to Texas and buried at the historic shrine called Monument Hill, located on a high bluff on the opposite bank of the Colorado River overlooking La Grange, Texas.

Brenham Independent School District is a small district in area since it barely includes the city limits of Brenham, a small city of approximately

eight thousand five hundred in population. However, by the process of transfer each year, Brenham High School serves a major portion of Washington County since there is only one other small high school in the county, located at Burton, which is on the western fringe of the county.

The plant facilities include two grade schools and a high school for the white scholastics and two grade schools and a *high school for the colored scholastics. Both white and colored schools are fully accredited with the State Department of Education. Brenham High School has been a member of the Southern Association of Colleges and Secondary Schools since 1915. Enrollment in the Brenham High School was 335 last year.

Since Washington County is predominantly a farming and stock raising county, the schools, both white and colored, have included in their curriculum strong courses in homemaking and vocational agriculture. Farm shop buildings are in the process of being built for both schools and a homemaking cottage for the Pickard High School. *Pickard High School is named for Abram R. Pickard, deceased 1947, who served in the colored schools as principal for 42 years. A plot of seven and one-half acres has been purchased near the Brenham High School for use as an experimental

SOUTHERN COACH AND ATHLETE

farm for vocational agriculture. This tract will be developed over a period of years into a model farm and place for agriculture experimentation and demonstration.

The Lion Cub was adopted as an athletic emblem for Brenham High School in 1926 when Frank W. Allenson was coach. This emblem was adopted in honor of the Brenham Lions, a semi-professional baseball team which had dominated semi-pro baseball in this section of the state for several years.

SCHOLARSHIP AND FOOTBALL

By G. L. KEAHEY
Principal

ATHLETICS, with all its implications, in our educational processes today is a potent force for the development of good American citizens. With the opening of a new school year attention naturally focuses on football. The public support given this great American game tells its own story. From the middle of August until the final gun-shot ending the season in the various bowl games on New Year's day most every town in the Nation has enthusiastic fans following their favorites



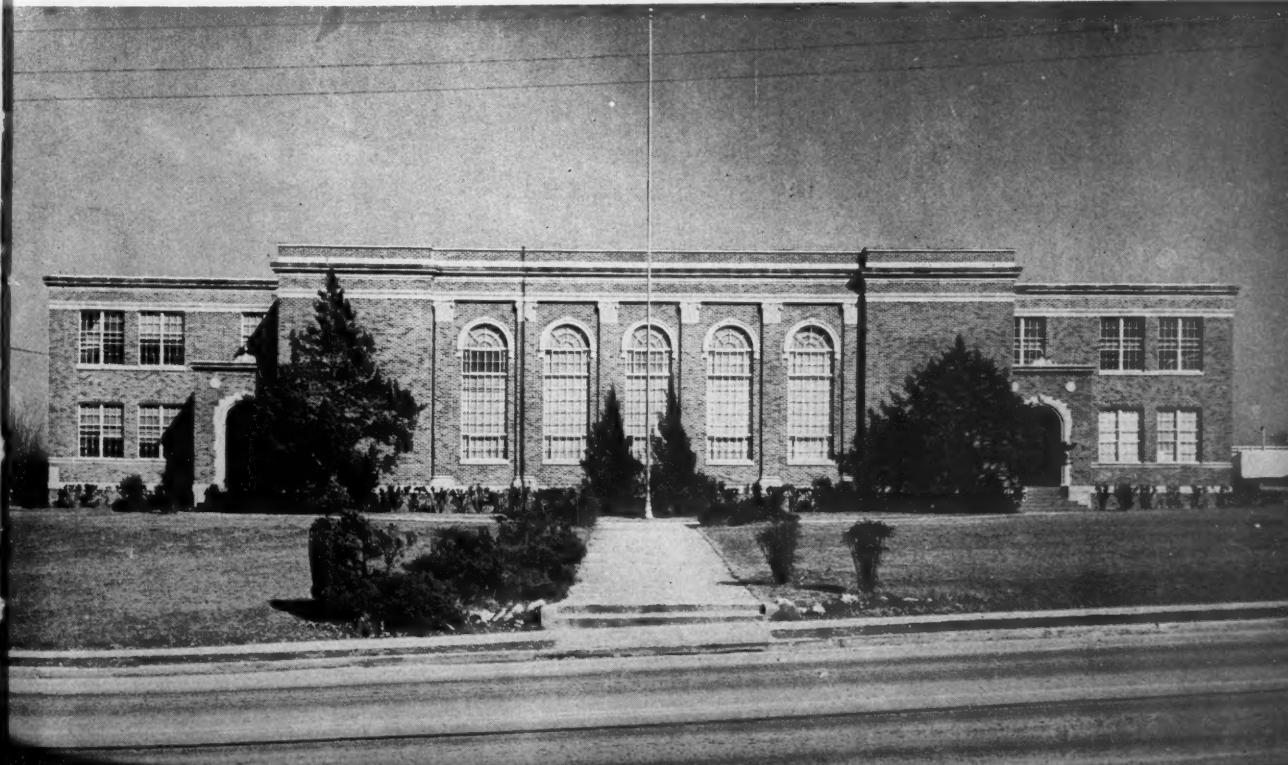
G. L. KEAHEY

either in the stadium or on the air.

This love of the game with the usual enthusiasm we all have for the game sometimes causes a youthful football player to become imbued with the spirit of the game to such an extent that he feels that his one purpose in life is to play the game

(Continued on page 43)

BRENTWOOD HIGH SCHOOL BUILDING



ORGANIZED ATHLETICS AT BRENHAM

By

OWEN (LIEF) EREKSON

To be allowed to compete in organized athletics is the great ambition, and privilege, of every red-blooded boy in Brenham High School. It is indeed a privilege to be a member of one or more of the Varsity teams. Members of the football squad are furnished the best and latest in equipment and no effort is spared to make each boy the best player possible. In a modern brick and tile dressing room each boy is given a clean towel daily, ample soap and clean wearing apparel. Each boy is insured and all medical, doctor and hospital expenses are paid by the school. Each player is fed in our own cafeteria before each game and thereby is assured of re-

ceiving the proper meal before the contest. No member of an organized athletic team is called upon to spend one cent of his money.

In return for these privileges each member is expected to keep all training rules, and failure to do so repeatedly, subjects the guilty player to suspension from the squad. In addition to being required to pass his classwork each boy is required to conduct himself so as not to create any discipline problem whatever.

Each organized sport is run according to the above procedure and the over-all program is so arranged that as many boys as possible can compete in one or more sports. Last year 38.2 percent of the boys in high



Coach Erekson played four years of football at Southwestern University and two years in semi-pro ranks. He has coached twelve years in high school and one year semi-pro. His football teams have lost only one district game since 1943, while winning three district and one bi-district championships. His basketball teams have won four district championships and one regional title. His track team was the district winner last season, scoring only two points less than all the other teams combined.



school took part in organized sports and the percentage will probably run higher this year.

Football at Brenham High School is probably very little different than at other schools. Our program calls for boys to take part in the Elementary school and when he arrives in high school he is allowed to play on the "B" team. From seven to nine "B" games per season are scheduled and regardless of the score all members of the "B" team are allowed to play in the games.

*At left, above: Brenham High Varsity, 1947 District Champions.
Below: The B Squad.*

Frankly, I believe in serving "T" to my opponents since I firmly believe a straight line is the shortest distance between the ball and pay dirt. Of course, we use variations of the "T" and we have found that a formation we call a "double-wing T" is the best by far. It is faster hitting than the regular "T", has as much deception and affords a much better passing attack. Interspersed with the "T" is a regular short punt and a "T" wing and these three formations affords us sufficient variety in our offense. Of course we, at times, may use the regular run of spreads, trick plays, "foolers", etc.

Defensively, we believe in getting there first with the most men, and over our dressing room door can be found a verse which reads, "It is not the size of the dog in the fight but the size of the fight in the dog that determines which wins."

In basketball, we use a "firebrand" type of offense which settles down into a set, deliberate offense if we are unable to fast-break the opposing team. Defensively we use a revolving zone and man-to-man and we like to play a pressing defense whereby we cover the opponents all over the court. We have had great luck with this type of offense and defense.

We operate both an "A" and "B" squad and usually carry twenty-five boys on each squad. Each year we compete in our maximum number of tournaments and try to play between twenty-four and thirty games.



M. E. MORRIS
Asst. Coach

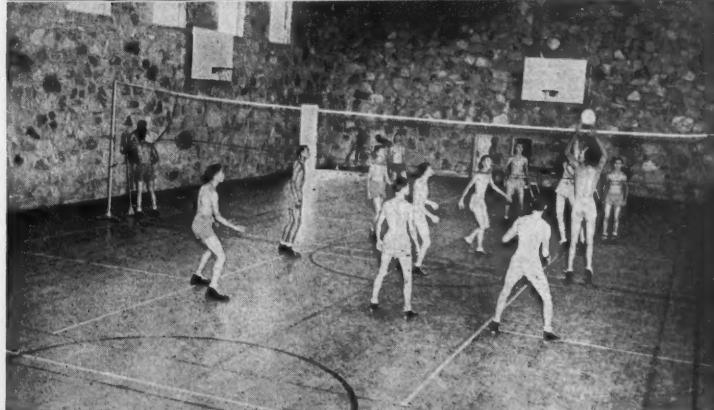
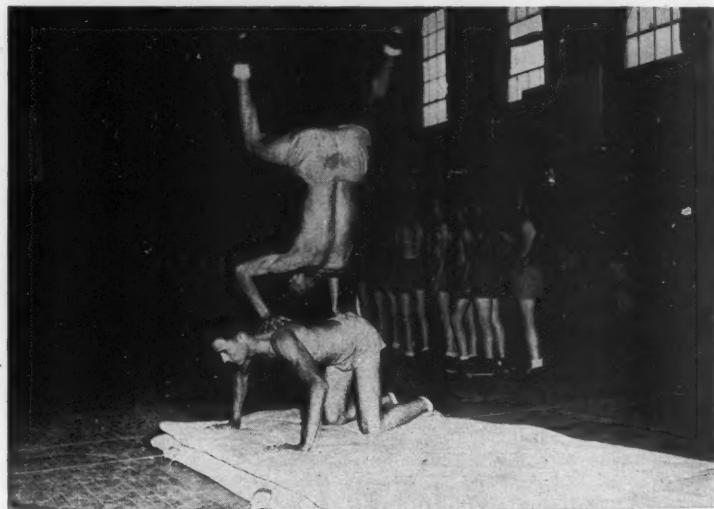
PHYSICAL EDUCATION

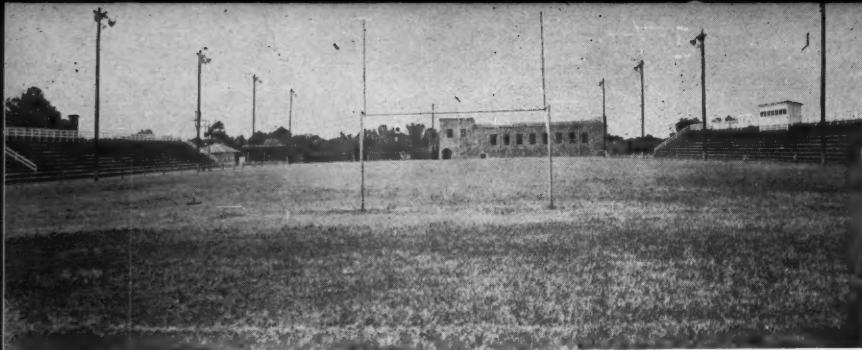
Every boy and girl who enters Brenham High School is required to take at least two years of Physical Education. This may be taken at any time during his four years in school but preferably during the first two years.

Various and sundry types of Physical Education are offered. Touch football, basketball, soccer, softball, horseshoes, table tennis, badminton, shuffleboard, rope climbing, tumbling, and calisthenics are among the many types taught to the students.

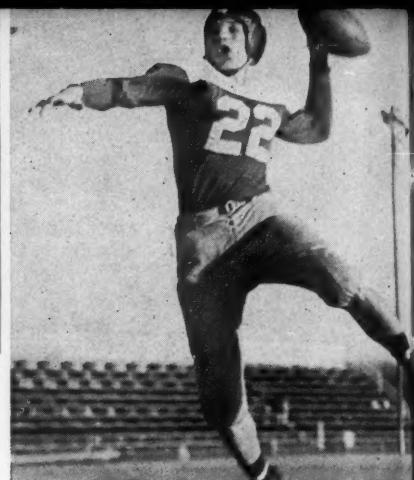
(Continued on page 43)

PHYSICAL EDUCATION ACTIVITIES





HOME OF THE CUBS



FRED BREDTHAUER
T quarterback and expert ball handler
and passer.

Brenham Compiles Great

FIVE-YEAR SPORTS RECORD

By TOMMY BLAKE

Brenham Banner Press Sports Editor

FIVE YEARS of winning under an organized sports program! That has been the theme in athletics of Brenham High School in Brenham, Texas, under the guiding hand of Athletic Director and Head Coach Owen E. (Lief) Erikson.

Yes, five years of winning in major and minor sports in a school that is grouped in the Class A bracket by the Texas Interscholastic League, one of the finest organizations of its kind in the United States.

Not that the Brenham Institution has had a perfect record on the athletic field over this five-year span, for they have lost on varied occasions. But what we mean by winning is a percentage on the black side of the ledger along with a sports program that has given the student a chance to improve his body mentally and physically through participation in athletics.

And residents of Brenham, the City of Hospitality, dearly believe that their own school's athletic set-up, arranged through the untiring efforts of Coach Erikson and his aides, is by far the best in the wide expanses of their beloved state of Texas.

Coach Erikson made his debut in Brenham in July of the year 1943. A graduate of Southwestern University at Georgetown, he had had seven years previous coaching experience in high school and one year in semi-pro circles. While attending Southwestern, he lettered as a freshman and also for three years at tackle on the Varsity team.

When Coach Erikson took over the reins at Brenham High School, he found that the Cubs had had good seasons "off and on" in football, but that basketball, track and minor sports had been slighted to such an extent that hardly anything was heard from the sports corner after the final play of the season had been made on the gridiron. He made up his mind then to give the school a well-rounded program that would afford any physically fit student a chance to compete in the various games that he should choose. And

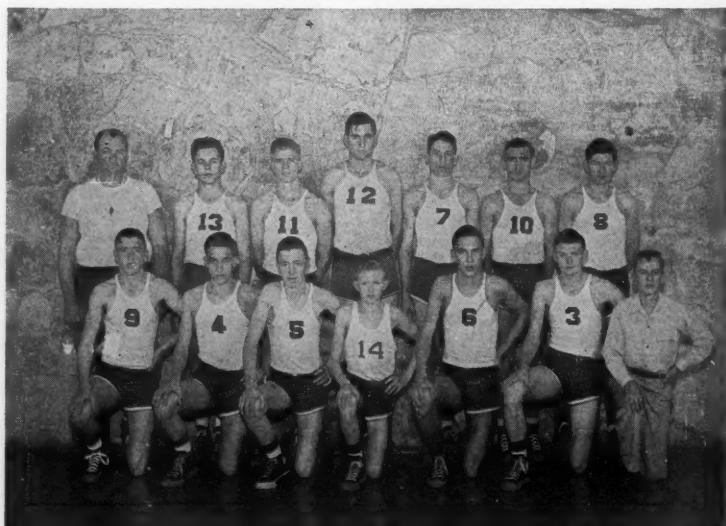
after five years of give and take, Coach Erikson has accomplished just that—probably on a larger scale than he had ever hoped.

Since Coach Erikson arrived in Brenham, this is the record that he has established:

Three district championships and one bi-district championship in football. His team has never finished lower than runner-up spot.

Four district, three bi-district and one Regional championship in basketball. His initial team finished in the runner-up spot.

BRENHAM'S 1948 CAGE SQUAD



One district championship in track in 1948, the first time in the history of the school that such had been accomplished.

Coach Erekson's Regional Champion basketball team was also the first cage squad in the annals of the institution that had racked up such honors.

And take into consideration that the Brenham school system has had a 45% decrease in scholastics in the past ten years, and the fact that small and light boys have been in the majority for the athletic teams in recent years, and you have a record that is more enviable than ever. The Sports Department of the Brenham Banner Press will vouch as to the lack of material that has been on hand and this group of writers has gone against the Cubs in selections only to turn around and write about a Brenham victory.

Three outstanding stars have emerged from Brenham High School since the present Athletic Director took over. They are Eddie Murski, all-southeast central Texas back and a member of the South squad Texas Coaches High School team; Floyd Sommers, probably the most brilliant player in Brenham history who was also a member of the South squad in 1946, an all-central Texas football selection and an all-state in basketball; Fred Bredthauer, left-handed passer and second team selection for all-state who gained his glory through the ozone in 1948.

Murski was the rugged type of boy who was a bruising fullback. Sommers was very fast and shifty, led all scorers in Texas on the gridiron in 1945, and had the highest net yard per carry in the all-star game. Bredthauer carried the underdog Brenham team of 1948 to a district championship through his outstanding passing, and his left-handed



FRANCES ANN NAVRATIL

"Sweetheart" of the Cubs

shooting from the hardwoods put the '49 Cub basketeers in the State cage tourney at Austin for the first time in the school's long running.

Track is new at Cub stadium, but

1948 BRENHAM HIGH SCHOOL TRACK SQUAD



after five years of hard grinding, Coach Erekson finally, this past season, gave Brenham a Conference championship. The athletic plant does not have a full length track although present plans in the near future call for such a lay-out.

The new regime started by Director Erekson not only has paid off with victories in the various games, but an expanded Physical Education Department and an athletic plant comparing favorably with any in the State has grown up back of the Main Building.

A rock gymnasium adorns the ground at one end of the football field. The football stadium itself is of modern construction and seats approximately 3,200. The ten pole lighting system is believed to be among the best of any high school in the State with 73,000 watts of light beaming down on a well kept sod. This sod, incidentally, is the pride and joy of the coach as he puts in

(Continued on page 18)

Editorials

Rough on Officials

The 1948 football season has been a rough year for football officials. The outcome of several games has swung on close decisions of the officials. A few games here and there have even gotten out of control, resulting in a flare-up of fist fights. We think it is unfair to place the blame entirely upon the officials. It is true that they make mistakes, but this is only natural where the human element is involved. We would hazard a guess that they make no more mistakes, considering the large number of split second decisions which they are required to make, than the coaches and players. The mistakes they do make are honest ones and, in the course of a game, are usually fairly well balanced between the two teams. There will always be close decisions to be made and coaches, players and spectators should learn to accept an adverse rule as one of the breaks of the game. As a matter of fact, we have sometimes seen very bitter protests over a correct ruling, when the wrong decision would have been more popular. The good officials are the ones who have the courage to "call them as they see them" when they know that it is the unpopular decision to make.

From the standpoint of winning or losing, we believe it is a bad policy to have the players too conscious of officiating. Their minds should be on playing their position, with the confidence that the officials are honest and efficient and will call the game as they see it. Maybe they will miss one against you — accept it as a break in the game. The chances are that later they will miss one in your favor and that evens it up.

The fact has often been brought out that taking movies of games shows up the mistakes of the officials. This is true, but it also shows the mistakes of the players and of the coaches. As a matter of fact, aren't we all in the same boat? We are human, we have our jobs to do, we are making an honest effort to carry out our assignments, but still we all make mistakes. Therefore, we pass on the suggestion once made by the teacher of Galilee, "Let him without fault cast the first stone."

A Creed for Athletic Officials

Believing that mine is an important part in the nationwide school athletic program, I pledge myself to act in accordance with these principles.

1. To know fully the rules and accepted officiating procedures for each sport in which I serve as arbiter.
2. To build my game schedule through my accepted worth, potential possibilities and inherent character rather than through transitory acquaintance or trading of favors or attempted pressures.
3. To honor every contract, even though this may occasionally result in financial loss or loss of opportunity to work for a larger school or one involving less travel.
4. To keep myself physically and mentally fit.
5. To be systematic, prompt, and businesslike in all my dealings with those I serve.
6. To wear the accepted Official's attire and to maintain a neat and creditable appearance.
7. To act in such a way as to be a worthy example to those under my supervision.
8. To remember that my responsibility also extends to my fellow officials and that I must work as one member of the team.
9. To make my decisions promptly but without snap judgment, firmly but without arrogance, fairly but without officiousness; and to base them on the rules regardless of the type of school, the closeness of the score or the opinions of partisan spectators.
10. To keep in mind that my first charge is the safety and general welfare of those under my supervision.

— From booklet "So Now You're An Official!"

Southern **COACH & ATHLETE**

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Georgia Football Coaches Association
Southern Football Officials Association
Alabama High School Coaches Association
Florida Athletic Coaches Association
South Carolina High School League
South Carolina Athletic Coaches Association
North Carolina Coaches Association
Louisiana High School Coaches Association
Mid-South Association of Private Schools
Mississippi Association for Health,
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Southern Conference Trainers Assn.

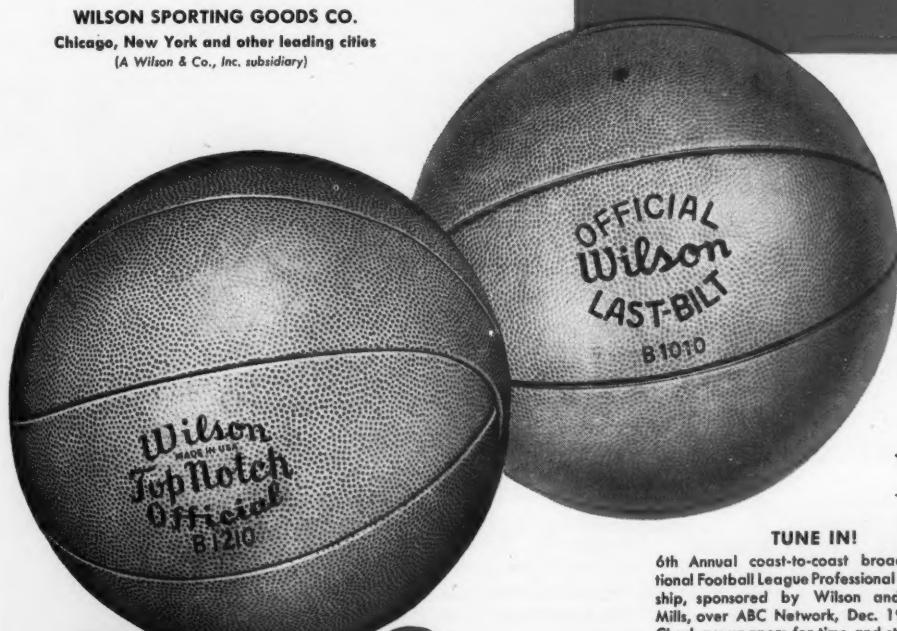
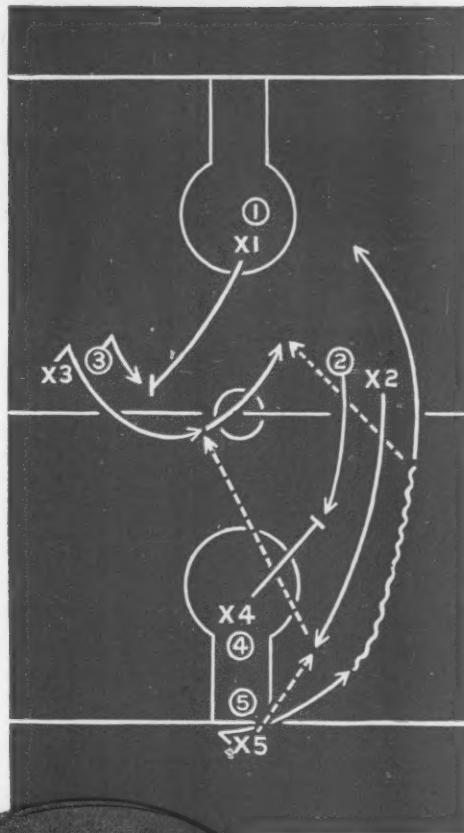
DWIGHT KEITH, Editor and Publisher

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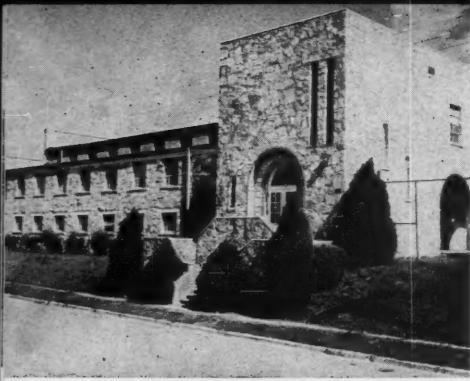
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IT'S **Wilson**



TODAY IN SPORTS EQUIPMENT



THE GYM

FIVE YEAR RECORD

(Continued from page 15)

many hours of work and many gallons of water during the summer months to keep it in tip-top shape. The field has a built in watering system along the sidelines.

The personal equipment used at the school is of the best made, and there is no limit in cost when it comes to suiting out a boy so that he will be properly protected. Erekson, himself, is a dyed-in-the-wool "T" formation man. His runner-up football team his first season used the single wingback type of offense, but since that time the Cubs have used the Erekson variation of the "T" with great success. Witness the headaches the opposing coaches have had in trying to stop it, and you will gain the true value of just how potent it is.

In the half-decade span that the present head man has been at the reins, twenty-two trophies have been added to the trophy case in the main hall of the academic building. These trophies show for victories in football, basketball and track.

And that's your run-down on the sports set-up at Brenham High School for the present. Maybe greater things will come to the green and white clad Cubs, or they may fall into the doldrums of defeat, but whichever it may be, the years of 1943-48 will be looked back on as an era of greatness in the field of athletics.

The five year record of Brenham High School follows:

The Cubs have won 34 and lost 15 games in football while scoring 1124 points to their opponents 500, and have lost only one district ball game since 1943.

In basketball the Cubs have been on top in 92 games while losing 34, scored 5,067 points to the opponents 3,619 and have breezed through the district for the past four successive years.

In track and field the Cubs tacked on the District Championship for the first time in 1948.

NOON-HOUR RECREATION AT BRENHAM

by

OWEN E. EREKSON

Head of Physical Education Department

For various and sundry reasons every child in high school cannot take part in organized sports. Here at Brenham High we attempt to give each student, boy or girl, a chance to take part in some sort of physical activity. We afford this opportunity and also eliminate discipline problems during noon hour by running off a noon hour recreation program. The program is run under the direction of the Department of Physical Education and lettermen in the organized sports are used as supervisors in the activities. For instance in running off the basketball, varsity lettermen are used as officials, timers, etc.

To start out our program we offer our students the opportunity to play basketball, touch football, softball, soccer, badminton, table tennis, horse shoes, shuffleboard, volley ball and various other activities. Then after this type of activity has gone on for a while each home room is allowed to enter teams in various tournaments and compete for a trophy. The Head of the Department of Physical Education appoints a representative from each home room to serve on an advisory council and set up rules and regulations for the tournaments. This representative is responsible for the conduct of his home room members, must see that each appears on time to take part, and arrange to have teams in each tournament. Varsity lettermen are usually used as representatives whenever possible. Points are awarded for first, second, third, and fourth place winners in each tournament, and the total aggregate of points determines a winner. The winner is entitled to inscribe the year and his home room number

under "Intramural Champs" on a revolving trophy.

So popular was this program with the boys that 92.4% of the boys in school took part and all on a voluntary basis. No effort is made to get a student to take part in the program. He does it because he wants to and enjoys doing it.

While the girls showed some interest in the program a much smaller percentage actually took part.

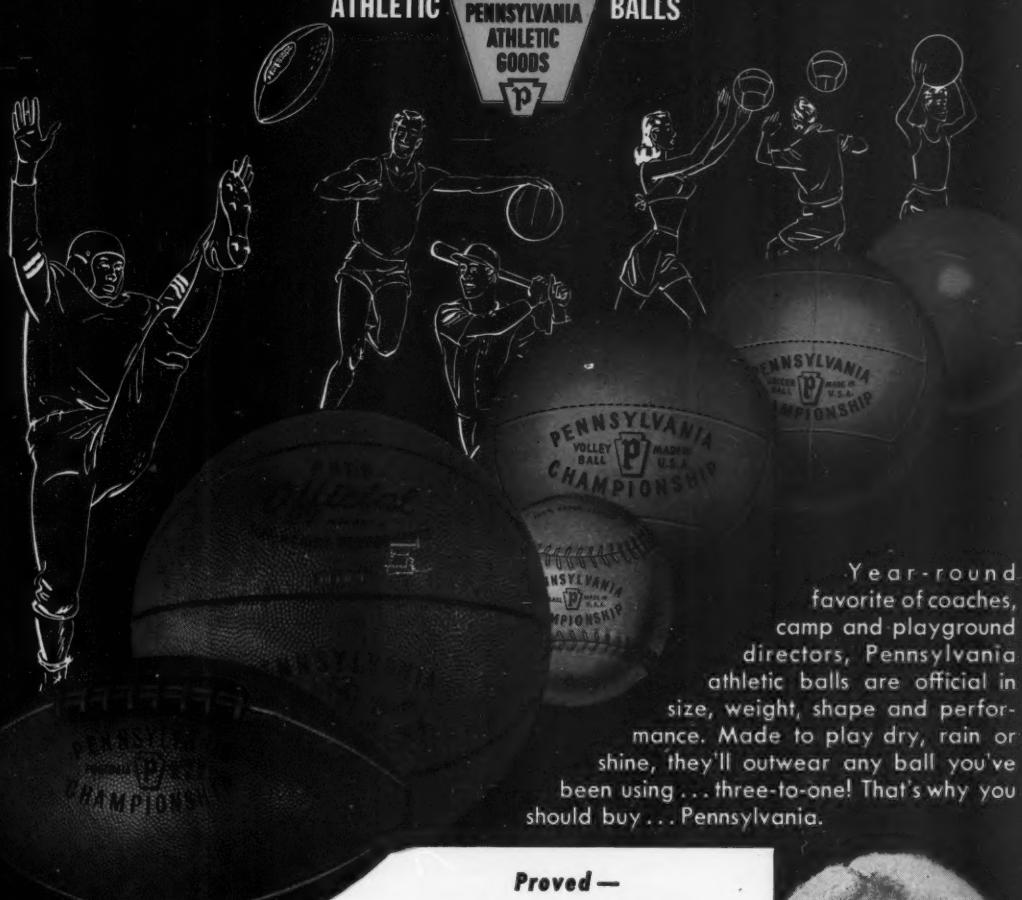


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DEFENSIVE LINE PLAY

By RAY GRAVES

Line Coach, Georgia Tech

IN THIS day when offense is the keynote and everyone is worried about stopping the "T" and the "Split T", or they are thinking up some new variation to out-maneuver the defense, we have probably let one of the most fundamentally important phases of football go a little unnoticed. I challenge you to name any one thing more important to winning football games than DEFENSIVE LINE PLAY. This is still the winning edge in a tough game. It will also keep an underdog team in a game in which they would be hopelessly outclassed if they tried to match offensive strength. The best offense is still a good defense. Three touchdowns are no good if the opposition gets three. I still like to feel the games are won and lost up front.

In the beginning, a coach has to make certain decisions in regard to positioning his personnel. Most coaches figure if a boy has speed and good coordination he is probably a back. I am firmly convinced that you need speed in the line as well as in the backfield. Over-all team speed is a great asset to any ball club. Games have been won and lost on this important advantage without coaches realizing it. It is hard to make a long run if everyone on the team follows the ball. Make them go the hard way—and never give them a long run. If this is religiously taught, you will find a team which will never let one man make a tackle, but they will be "gang tackling". I know "gang tackling" is one of the most demoralizing things to an offensive runner.

Getting back to personnel, I believe high school coaches would find that some of those fast backs on the second and third teams would beat out some of those clumsy linemen if given a chance. There is a place on any team for a boy who really wants to block and tackle, regardless of size. I can give you three good examples we have here at Tech—three regulars in the line who weigh 162-165-169, a center, end and guard, respectively. I would like to add they are three of the best men on the line. Not one man in our first line weighs 200 pounds. They all have speed and it is hard to sustain blocks



Coach Graves is a native of Knoxville, Tennessee. He graduated from Knoxville Central High School in 1937 and, after one year at Tennessee Wesleyan Junior College, he entered the University of Tennessee. Ray played football and basketball for the Vols. In 1941 he was team Captain and All-Conference Center. While at Tennessee, Graves participated in three bowl games—the Rose Bowl in 1940, the Sugar Bowl in 1941, and the Blue-Gray game in December, 1941.

Following his graduation in 1942, he joined the Philadelphia Eagles and, after two seasons with them, returned to Tennessee as Line Coach. He went back to the Eagles in 1946 as Scout and Assistant Coach and was named Head Line Coach at Georgia Tech in January, 1947.

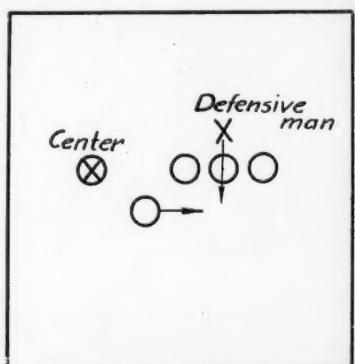
He has a sound and thorough knowledge of the game and the happy faculty of imparting it to his players. He has a delightful sense of humor, is very popular with his players and fellow coaches, and is considered one of the best defensive strategists in Southern football today.

This publication shares the universal opinion that Ray's greatest achievement was his marriage to the charming Miss Opal Richardson of Tazewell, Tennessee. They have two daughters, Rebecca Anne, five and Katherine Gibbs, one.

on them. Naturally, we have our toughest time against single wing teams who try to run us out of the park by wedge and double team blocking. However, it is tough to take the ball and march it on a sustained drive without something happening. I am not saying I don't like big men, because I do. I wish I had

two tackles like Bob Davis this year and every year, but it is seldom you find a big boy who has speed and coordination needed. The "T" formation demands a little different results than the single wing. They must all pull and trap. They all must block downfield and have speed to reach their assignment.

In coaching defensive line play, there is one major objective, "fight pressure". The sooner a player locates pressure, the sooner he will get to the ball carrier. Some boys have a natural ability to fight pressure, others can acquire it. Joe Steffy, former Tennessee and Army All-America guard, was a natural at this. He didn't have to worry where the pressure was coming from because he reacted to it as a natural reflex. In order to coach this, the best drill is to use a "three on one" drill. In this drill everything that can happen in a game can be derived from this drill by using a double block either way, single block either way, wedgeblocking, or trap blocking either way. Here is the way I set up the drill.



The coach gives type of blocking desired. On defense, a lineman has only one advantage—using his hands. He does not know the snapping digit or which way he is going to be blocked. How many boys do not take advantage and use their hands. I think a good forearm shiver is the best method to use the hands on defense. We make this part of our daily routine and never a day passes that we do not take five or ten min-

(Continued on page 32)

... ON THE DRIBBLE

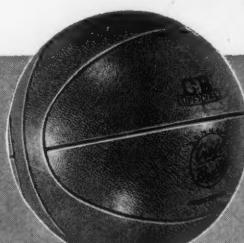


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PUNTING

by

WM. E. DOLE, Football Coach
Fayetteville High, Fayetteville, N. C.

AT THIS late date the foot hasn't been removed from the game of football and punting is still an indispensable offensive and defensive weapon in our national game.

In looking for an athlete to develop into a punter there are several factors to be kept in mind. This potential punter should have:

- A. A desire to be a punter.
- B. Good reaction time (coordination)
- C. Balance
- D. Fairly long lever from the knee to the foot.

MECHANICS OF PUNTING (Explanation for right foot kicker)

The ball should be passed from center so that the punter will receive it thigh high, over the kicking leg, with the right leg slightly advanced. Upon receiving it the kicker should adjust the ball so that the strings are at the top or right side as he steps forward with the right foot. The body should bend forward at the waist and as the step is taken with the left foot, the left hand should be removed from the ball, holding the same with the right hand on the top and slightly to the rear and side of the football. The leg should swing straight into the ball. The foot, with toe depressed, should come in contact with the ball at precisely the exact fraction of a second that the knee snaps. At the moment of contact the trunk and shoulders should be whipped back (uncoil) to add impetus to the kick.

SOME DON'TS

- 1. Don't take eyes off ball.
- 2. Don't drop ball over eight inches.
- 3. If both hands are kept on the ball, when the knees snap and the upper body is brought into play there is a strong tendency to pull the ball with the left hand bringing the nose of the ball too far across the foot, which sometimes causes punters to get into the bad habit of swiping at the ball.

Two types of step for quick kick:

- 1. Step back with right foot, lift



Coach Dole graduated from the University of West Virginia in 1932 and received his M.A. Degree from New York University in 1936. He was President of the West Virginia State Physical Education Association in 1934 and is now a member of the Executive Committee of the North Carolina High School Athletic Association.

Bill is now in his third year at Fayetteville High School. In his first year, he tied for the eastern North Carolina championship and last year his team won the state title. His record at Fayetteville is: won 22, lost 3, tied 1. His over-all record since 1932 is: 92 victories, 33 defeats and 5 ties.

His punters this year have averaged 42 yards. In one game this season, his team scored a 35-0 victory without running a play from scrimmage. They used only the pass and punt throughout the entire game.

left foot off ground, replace it and kick.

- 2. Step back with left foot, lift right foot off ground, touch toe for balance, replace right foot, step with left and kick. Keep head and shoulders down, body should be bent forward at waist — uncoil with contact.

Method 2. is preferable as it coordinates better with kicking from standard punt formation. A good quick kicker will get more distance from regular formation than he will when punting from deep punt formation, however, the placement of kicks is far better from deep formation. When the nose of the ball is slightly down, a long low kick will result, and an elevated nose will make for a high kick.

Be patient, don't try to teach boys too much at one time.

DRILLS

1. Have punters practice steps in quick kicking, eight or ten times daily in early stages of learning. It is important that they feel the rhythm of the movement.
2. Next, the ball should be passed by center, proper steps taken and the ball dropped, watching the bounce to determine accuracy in release. (Correct drop will cause ball to bounce directly up. In making the drop for a long kick the nose of the ball should be slightly down and in causing the ball to bounce back to the right side of the kicker.)
3. Practice placement at 25 yards. Use blanket, sheet, or 4 dummies and kick on or into that area.
4. Never try to kick for placement over 50 yards.
5. In practice, always have punters call their shots. When linemen go down under punts, it is well to have two receivers separated at least 15 yards.
6. Use dummies or flags on the side line at the 10-20-30 yard intervals. Kick out of bounds from different angles.
7. After a kicker learns the fundamentals, don't have him kick more than 15 minutes, four times a week.
8. A punter shouldn't kick the ball more than eight times in pre-game warm-up.

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A SLOW BREAK OFFENSE

By CLIFF WELLS

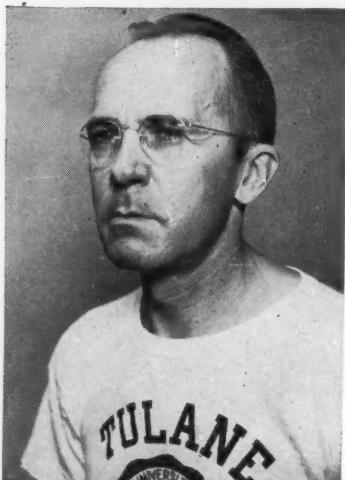
Basketball Coach, Tulane University

IT HAS always been the contention of some coaches that basketball is the most overcoached game we have in our athletic program. For that reason alone, this coach tried to devise an offense which would be sound and practical and yet would encourage players to use their own initiative, look for their own openings, and make their own breaks. He presented it at the Indiana Basketball Coaching School as follows:

"I believe that most set styles of offense when they become too set in their ways are easy to stop by a set style of defense. In other words, I have tried to give a style of offense which will put the players on their own initiative, and if they are successful in operating under this style I feel sure that a set defense cannot stop them because the defense does not know what is coming. The minute an offense gets set a defense has the chance to play it and become aggressive.

"Most styles of offense have one or two men moving and the remaining players are all on their heels waiting for a signal to break. We use an offense which keeps at least four men moving and handling the ball all the time. By successfully doing this, we not only have developed ball handling along with our offense, but we keep the defense constantly moving and give the fans a false impression that we are much faster than we really are because we are moving all the time. This is just good showmanship and part of the coaching of basketball. It has paid dividends, for we have had sell-out crowds which have never been possible before."

The plan of our offense is built on moving screens which are executed to the inside. In five years of using this offense, we have not had a foul called for blocking (except while playing in the East where a foul is called for intent to screen), so you can assume that we are within the rules in using this offense. In fact, it is the only way that I have found to build legitimately a screen-



Coach Wells is beginning his fourth year as Head Basketball Coach at Tulane. He has done a constructive job for the Greenies, bringing them to the upper bracket in Southern basketball.

Cliff coached for 29 years in Indiana high schools before coming to Tulane.

ing offense because the emphasis of contact is put on the defensive man who is drawn into the contact.

Everything revolves around our center who is a very important man in our offense because he must be put in a position at all times to receive a pass from any teammate. To do this he must be alert and shape himself up in regard to his defensive man so that he is not blocked out.

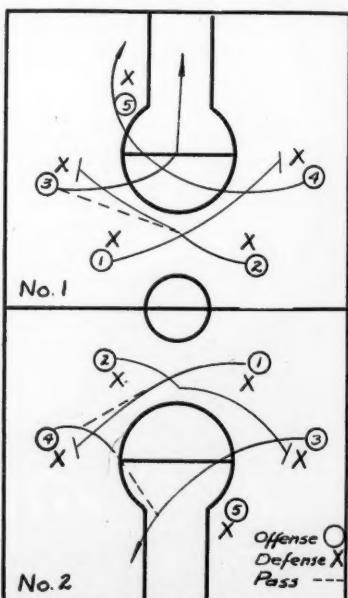
We station our center or pivot man about eight feet from the basket outside the free-throw line. He moves from side to side with the ball across the free-throw area, so that he is on the side of the floor that the ball is on. We do not use our pivot man as our main offensive threat, although he does spend considerable time on the use of the hook shot with either hand. In other words, we use this pivot man mainly

to pass the ball and to cut off of.

Our guards and forwards interchange positions, but we have definite defensive balance because at the time our guards go to forward positions our forwards are coming out and assuming the guard positions. Too many styles of offense are based with no defensive balance, and they are very susceptible to fast breaks due to bad passes and interceptions. Our system not only will give us good defensive balance but at the same time draws man for man defenses to the peculiar position of having their defensive guards playing in their forward positions and vice versa. Fundamental set plays are diagrammed on the following pages and are explained in detail.

SET PLAY No. 1

Guards No. 1 and 2 cross. Guard No. 1, starting with the ball, passes to Guard No. 2, who cuts behind him. Guard No. 2 passes the ball to Forward No. 3, and blocks his man on the inside. In the meantime Guard No. 1 has continued down



(Continued on page 26)



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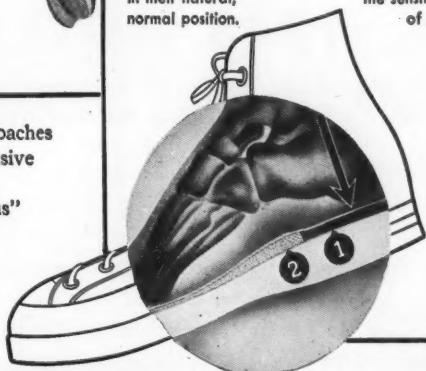
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SLOW BREAK

(Continued from page 24)

across the floor to the right and blocks Forward No. 4's man from the inside, and Forward No. 4 swings across the floor. Forward No. 3, who now has the ball, comes across and passes to Forward No. 4 and blocks his man. No. 4 throws the ball to Guard No. 2 and blocks his man from the inside. (This has made the ball cross the floor twice and usually caused the defense to shift across with them.)

Guard No. 2 passes the ball to the Center No. 5 and cuts off him hard and close. If he is open, he receives a handback and continues in the basket. If he is not, Center No. 5 fakes to him and looks for Forward No. 4 who is breaking to the basket from the end line. Guard No. 1 swings across the free-throw line as he is the third choice for a relief pass, in case the play has gone haywire.

Forward No. 3 swings out as a safety for defensive balance. If this play does not set up, they assume their positions and continue to rotate, always blocking on the inside. Sometimes the players who are in the forward positions go all the way to the end line, making a feint as though to break to the basket, but really coming back again to become part of the revolving arc.

SET PLAY No. 2

The second set play of this offense starts as follows: Guards No. 1 and No. 2 cross and Guard No. 1 receives the ball from Guard No. 2, and passes to Forward No. 4 and blocks off Forward No. 4's defensive man on the inside. Guard No. 2 crosses the floor to Forward No. 3 and blocks off his defensive man, and Forward No. 3 breaks immediately for the basket and receives a pass from Forward No. 4. If he is open, he continues to the basket for his shot; if he is not, he stops and doubles with Forward No. 4, who cuts off of him.

In the meantime the center has moved across to the side of the floor so as to leave the center wide open for this cut. In fact, he can be in a position so that he may get in the way of Forward No. 3's man and sort of make the guard run around him, in case Guard No. 2 has not done a good job of screening. The two guards swing back out to the center of the floor and keep defensive balance.

There can be three or four complete cycles across the floor before this last play is set up. This will keep the defenses moving and give the players a chance to set this play up, providing in the moving of the ball somebody hasn't been open in the meantime and the players

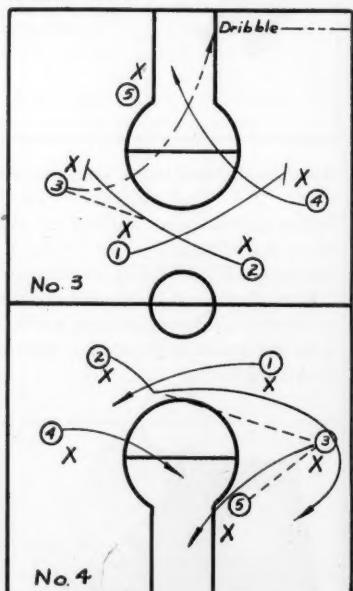
haven't fallen into a play themselves.

SET PLAY No. 3

Guards No. 1 and No. 2 cross as in the previous plays and Guard No. 3, after receiving the ball from Guard No. 1, passes in to Forward No. 3 and blocks his man on the inside. Forward No. 3 swings for the basket immediately on a dribble. If his man has been thoroughly blocked, he can continue on the way to the basket unmolested. In case he is not open, he stops at some point towards the basket and pivots and Forward No. 4 cuts off of him immediately.

In the meantime Guard No. 1 has continued toward No. 4 and has blocked off his man on the inside for him. The Center No. 5 has been backing down on the way to the basket, so as to get his man deep underneath the basket.

We have found this play to be unusually successful, after working the other ones, and a good dribbler forward can often get free for a beautiful shot working toward the basket. In tight man for man defenses, the only man who can stop him is the defensive man in the center, and should he switch off to cover him, Forward No. 3 can pass the ball to the center under the basket for a set shot. This play, of course, is set up after the ball has been moved across the floor three or four times.

**SET PLAY No. 4**

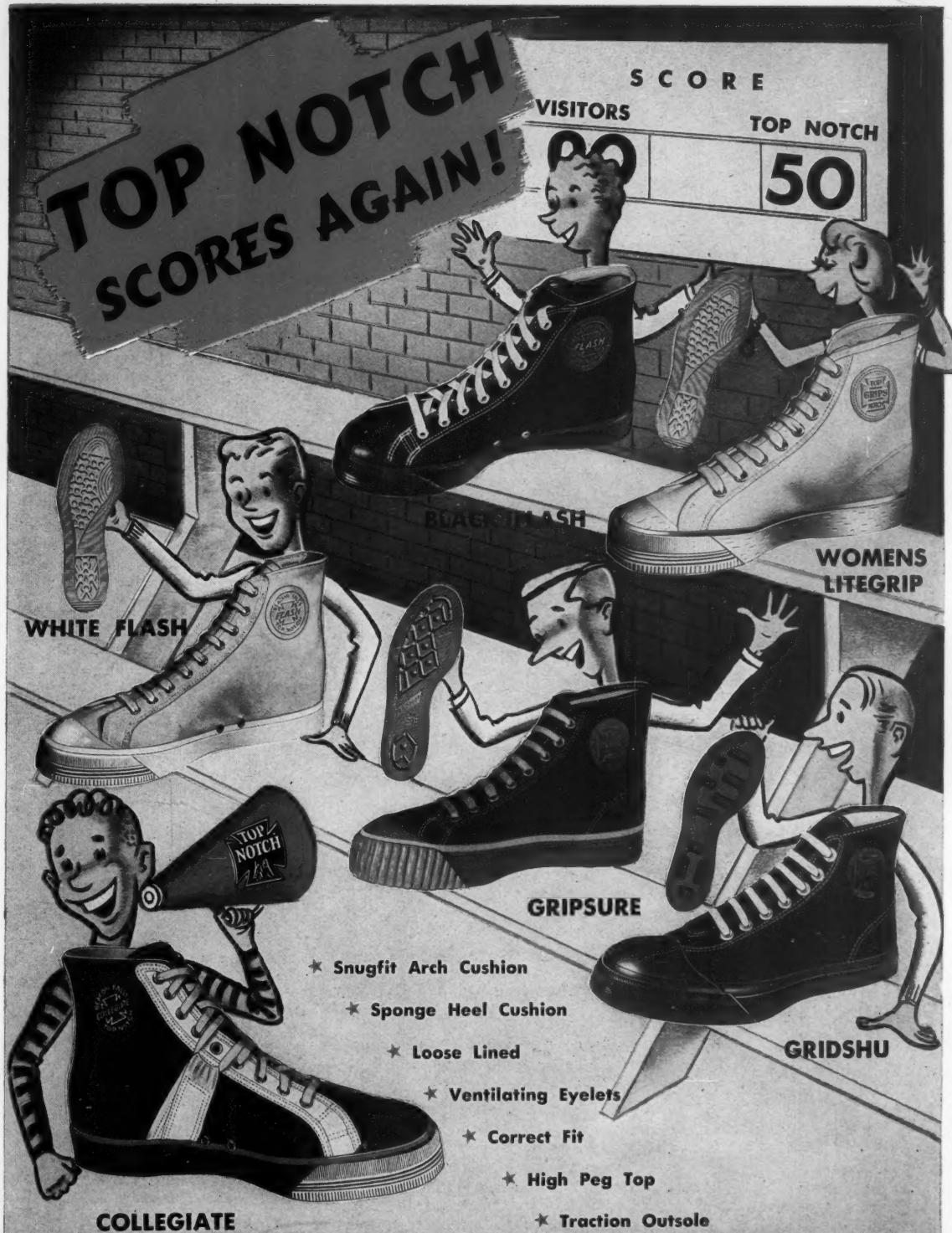
Guards No. 1 and 2 cross. Number 2 receives the ball and passes to Forward No. 3 and continues on around him for an outside block. (Continued on page 30)

~ 1948 NOTES ~
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BALL POSSESSION

By ADOLPH F. RUPP
Basketball Coach, University of Kentucky



The Baron of Basketball — Adolph Rupp — proved his title once again when his University of Kentucky Wildcats won the 1948 National Collegiate Basketball Championship and the right to represent the United States in the Olympics this summer in England.

His star-riddled squad was the envy of every coach in the Nation. It was feared by all opponents. Winning 36 games in 39 starts over a long and tiring schedule, the Kentuckians captured their eleventh Southeastern Conference crown, their fifth consecutive championship, the N.C.A.A. title, and the College Division of the Olympic Trials.

Since the Baron's reign began in 1930, the Cats have been beaten only eight times on their home floor, and have now won 63 straight contests on the Alumni Gym hardwood.

The Wildcats won 26 straight tilts in a period overlapping two seasons, and over a five-year period won 45 straight conference encounters.

After ranking year after year as one of the top coaches in the country, in 1944, the Baron was elected to basketball's Hall of Fame, the highest honor attainable to the basketball world. He was the tenth coach so honored in the history of the sport. He is also a "Kentucky Colonel" and spends his spare time farming in the Bluegrass.

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IN THE discussion of offensive basketball, it is well to keep in mind that it is necessary to have possession of the ball before you can score. This statement may seem elementary, but too much importance can not be attached to it. In the close games possession of the ball is possibly the determining factor between victory and defeat.

In one game this past winter we looked for a close game and the doppers had the game as a toss-up. When the game started, we were fortunate in that almost every time we had possession of the ball, we maintained possession until we had scored. In fact, at the half time we had over fifty points.

All games do not run that true to form. Ball possession comes from four different sources.

(1) The Center Jump.

You have at least two opportunities in every game to get the ball at the center. You should try hard to get the opening tip-off because you immediately make your own team offensive minded and at the same time, temporarily at least, make the opposing team defensive minded. If you can work through and score off of the opening tip-off, it seems to have a stabilizing effect on your team.

(Continued on page 39)

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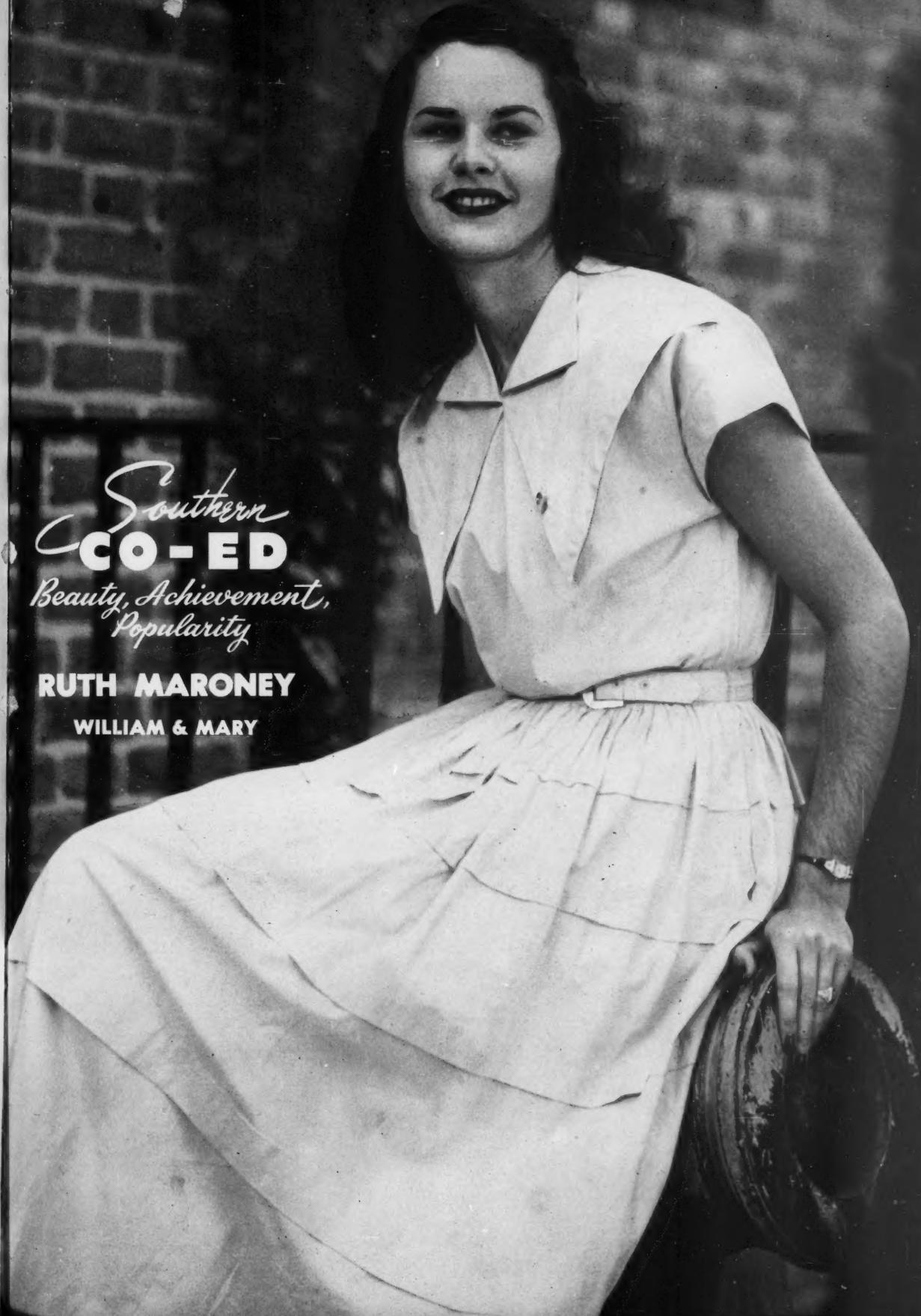
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SLOW BREAK

(Continued from page 26)

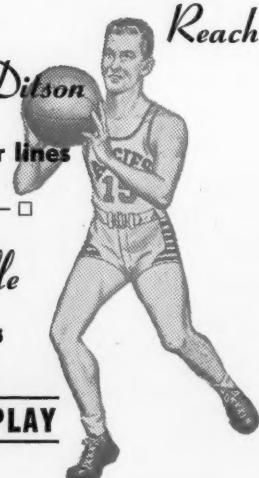
Forward No. 3 passes the ball to the Center No. 5 and follows the pass. Guard No. 2 cuts for the basket and receives the pass from No. 5, or No. 5 passes to No. 3 who has cut off of him. Forward No. 4 swings across to the free-throw line for the third option.

This is practically all the set offense plays that we use. There are several other coaching points to bring out in using this revolving offense from one side of the floor to the other, and that is this—we start slowly and increase our tempo, and if the defense is loose, we continue

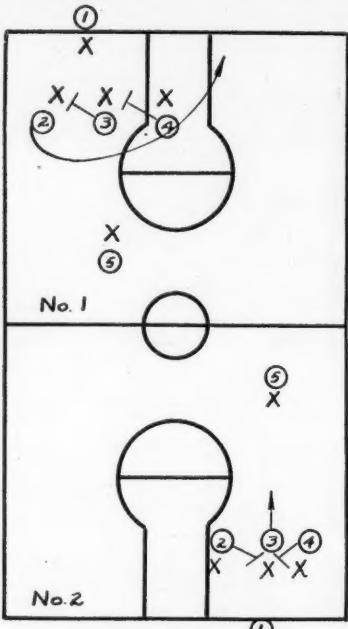
to make our arcs and cuts closer and closer to the basket, as we exchange the ball from one side of the floor to the other. In other words, this offense is designated to use the width of the floor and may be construed as a lateral offense instead of the usual set offense type.

We have found this offense to increase our ball handling tremendously. It is impossible to recognize our team after six weeks of practice on this style of offense.

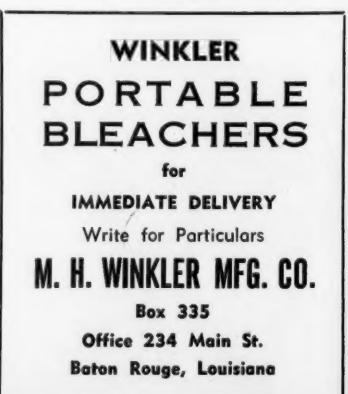
We use set signals of some sort to set up these four plays, and all the five men know after how many exchanges across the floor, the play will be actually started.

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Player No. 1 takes the ball out of bounds. Players 2, 3, and 4 line up in a line about eight feet from the out of bounds line and about three feet apart. At a signal, Player No. 4 charges ahead to his left and blocks No. 3's defensive man. No. 3 does the same thing and blocks No. 2's defensive man. No. 2 pivots to the outside and out for the basket for a pass from No. 1. No. 5 is the safety outlet.

**PLAY No. 2**

Players line up in the same formation as in Play No. 1. At a given signal, Players No. 2 and No. 4 converge in front of No. 3's defensive man and block him from getting through to No. 3, who drops back several feet, receives the pass from No. 1 and is open for a set shot. Number 5 is the safety outlet.





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Bill Healey, No. 56, who demonstrates these maneuvers, was All Southeastern Conference guard last season. He prepped at Baylor School of Chattanooga, Tennessee, where he was All Mid-South tackle.

DEFENSIVE LINE PLAY

(Continued from page 20)

utes of forearm shivers. We teach them to step and hit from down up, at the same time locking their elbows. They can, and must, control the offensive man before he can contact them. When a defensive man can control the man in front of him, he has the best possible position to fight lateral pressure.

I remember when I was playing, the toughest defensive man to handle was the man who varied his charge; in other words, a change of pace. I have also seen big, tough linemen who could manhandle anyone, but who did the same thing every time and never made a tackle. Any lineman can improve his defensive play 25% by varying his charge. We try to do this by playing down and distance. Every lineman should know the down and distance at all times. This should affect his play as much as the defense that has been called. When boys are able to think on the field, they will be in the right place at the right time more often.

Every lineman should have at his command three or four defensive tricks. These will vary with individual boys, and I think it is important for a coach to recognize the ones each individual does best and develop them accordingly.

THE ROLL

I. "The Roll" has become a necessary reaction for every lineman. I am positive this is one thing every lineman should master to some degree. This is used when a lineman is double teamed and the offensive men have secured blocking position, but with a quick maneuver, the defensive lineman is back in position to tackle the ball carrier. Bill Healey demonstrates this: (a) Offensive blockers get position as defensive man tries forearm shiver; (b) Defensive man realizes he is blocked and steps back with left foot and rolling quickly to the right; (c) Defensive man winds up in position to tackle.

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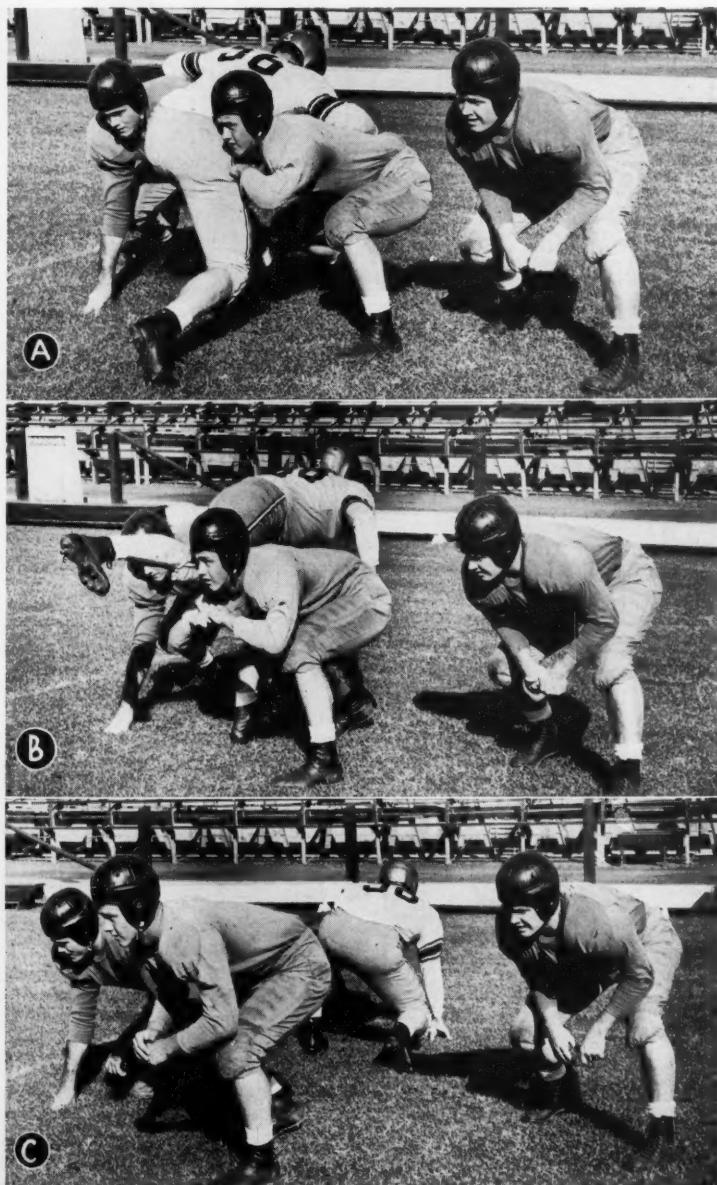
LIMP LEG

II. Another stunt is the "Limp Leg". This is used on long gain situations when guards need to break clean in order to rush the passer or throw the ball carrier for a loss. (a) First, lineman must drive either foot quickly and penetrate the gap as much as possible; (b) Next, all of the weight goes on this leg and the other leg which he has given to offensive man as a target goes limp; (c) Defensive man dives over with the help of the offensive man and winds up on all fours ready to react to the play.

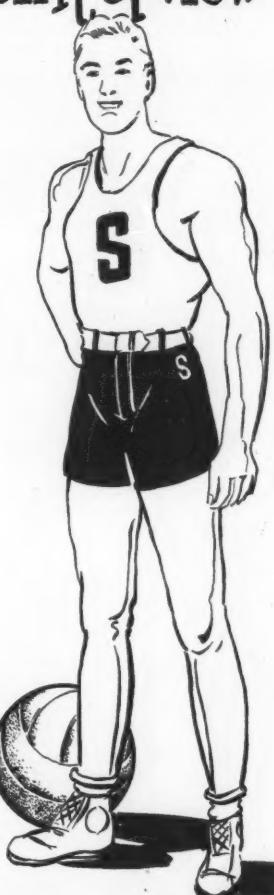
DOUBLE COORDINATION

III. "Double Coordination" is another stunt used by linemen. John Barnhill, head coach at Arkansas, is a great believer in this maneuver. A quick job by defensive man on offensive man's head to control him momentarily, then drive hard with shoulder into the gap and penetrate at the same time. You will always find some boys who will do this well if they work on it.

* * * *



from an
ATHLETE'S
point of view



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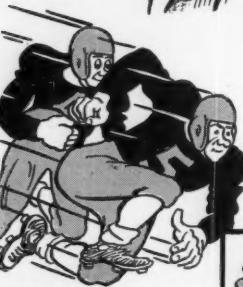
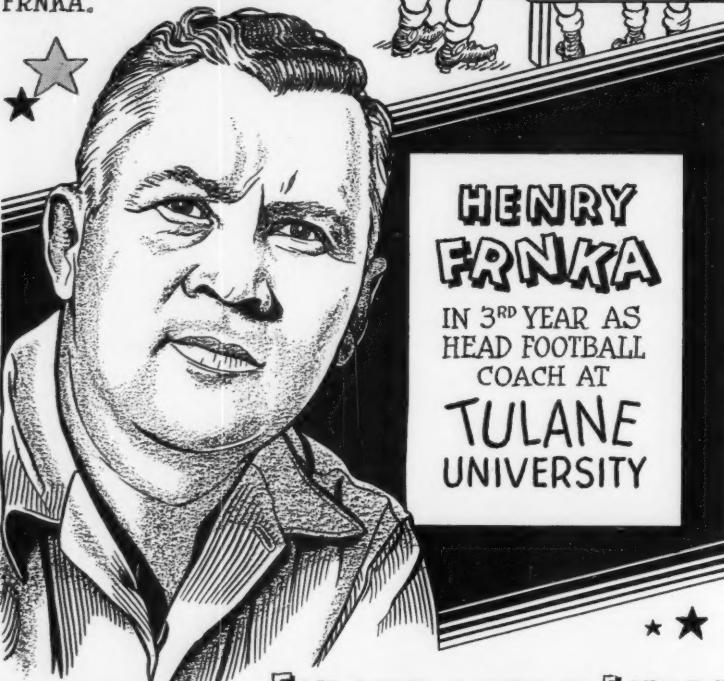
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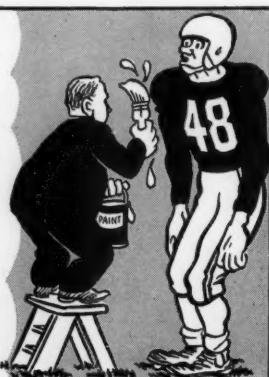
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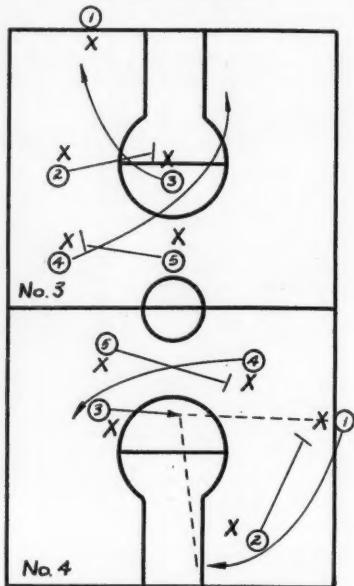


SLOW BREAK

(Continued from page 30)

PLAY No. 3

No. 1 takes the ball out of bounds. Players Nos. 2 and 3 line up parallel to each other at the outer edge of the free throw circle and about eight feet apart. Nos. 4 and 5 line up the same way only about ten feet behind Nos. 2 and 3. At a given signal, No. 2 goes over and blocks No. 3's man. No. 3 cuts to the left. No. 5 goes over and blocks No. 4's defensive man, and No. 4 cuts for the basket. No. 1 passes to whichever of the two is open.

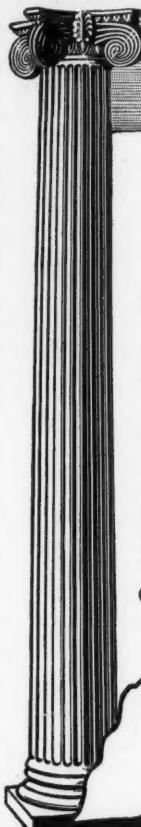


PLAY No. 4 — OUT OF BOUNDS FROM THE SIDE

No. 1 throws the ball to No. 3, who comes to meet the pass. No. 2 comes up behind No. 1's defensive man and blocks him. After throwing the pass, No. 1 cuts for the basket and receives a return pass from No. 3. No. 5 goes over and blocks No. 4's defensive man and cuts for the basket on the weak side. No. 4 is the first option, in case No. 1 is not open.

This out of bounds play from the side is based on the principle that the defensive man will watch the play of the ball and No. 1's defensive man will be blocked off, leaving No. 1 free for an easy shot into the basket.

A variation for this play is for No. 1, after he has worked this for several times, to follow his pass after faking to the basket and receiving a return pass from No. 3. In other words, there is a double between 1 and 3.



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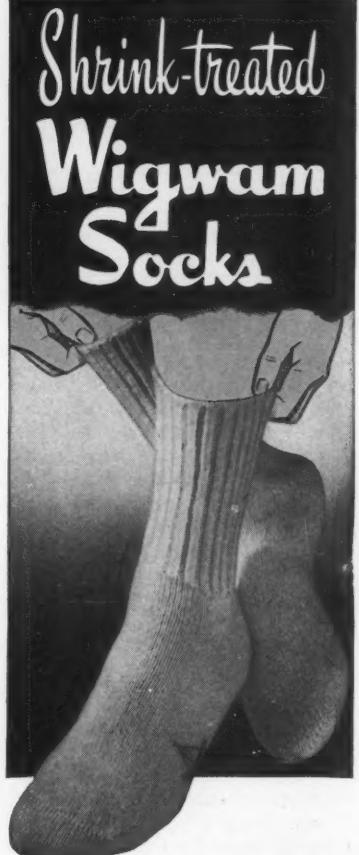


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CONDITIONING FOR BASKETBALL

By JOE HENNING

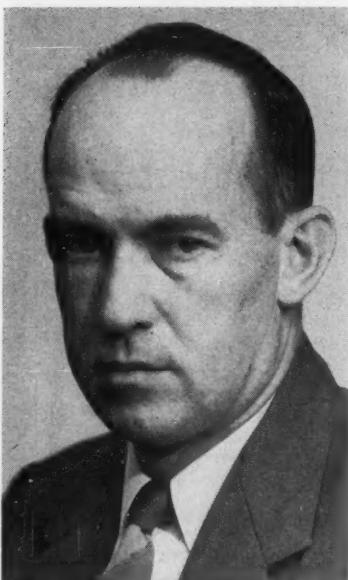
Trainer, Virginia Polytechnic Institute



This is another in a series of Articles on Athletic Training.

CONDITION is a tricky word. Webster gives many definitions, the most appropriate for our field being "proper condition, as for work: state of being fit." Condition, or being fit for one type of physical activity does not mean that the individual is fit, or in condition, for another type of activity. A high degree of good general condition surely helps in all types, and the player's success depends upon his ability to rapidly adjust himself to new situations.

We must remember that as there is a wide range in individual differences in motor reactions, there is also a vast difference in our mental reactions, attitudes, will to play, and other items that go to make up morale. Psychologists point out that there are "conditions" or mental sets affecting our actions to various degrees in all our life undertakings. It is foolish to assume these are not important in athletics. They are



Joe Henning was born in Kane, Pa., received his B.S. Degree in Physical Education at Slippery Rock Teachers College and has completed requirements for his M.S. in Education at Virginia Polytechnic Institute. He has served as Trainer at V.P.I. for the past four years. Before that time, he was on the staff at Union High School, Ringersburg, Pa.; Findlay High School, Allegheny County, Pa.; Penn College, Cleveland, Ohio; Slippery Rock Teachers College, Slippery Rock, Pa.; Berry College, Mt. Berry, Ga.; and North Georgia College, Dahlonega, Ga.

probably even more important in athletics than in other endeavors. Motion without emotion is an automatic, and not a willful, thinking process.

Realizing that both physical and mental conditioning is necessary in basketball, or any other sport, the following suggestions are offered to trainers and coaches, especially to those many high school coaches who must be their own trainer.

DISCUSSION OF ORGANIZATION

A good discussion, not a dictatorial laying down the law, is always advisable with the entire squad at the beginning of the season. In this the general requirements of diet, sleep, and physical excesses should be discussed. Personal problems should be reviewed in an informal manner. If the coach has any private requirements he wishes to enforce, this is the time. The code should be set up at this time and no deviations be accepted the remainder of the year.

If we are educating for democratic living, and you as a coach believe you are contributing something educationally in basketball, it would be a good idea to impress on every boy his personal responsibility to abide by all the rules of physical conditioning. He should be impressed of his responsibility to himself as a unit of the team and to the team as a whole.

PHYSICAL CONDITIONING EXERCISES

It would be indeed difficult to set down a blanket set of conditioning drills for everyone. Any good coach borrows ideas from other coaches and many "big time" college men have good books on drills, of course, for their system. The style of play will influence the drills. It is sound, however, to combine instruction with routine. Players' minds are active and routine work will not be so much drudgery if the boys are learning as they work.

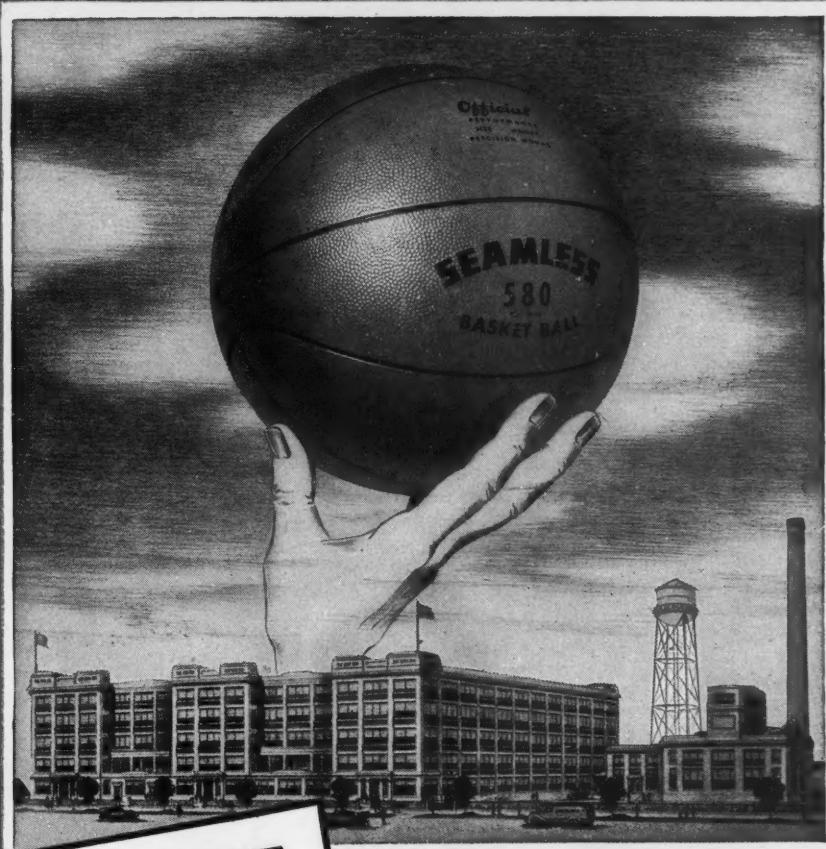
There are several objectives which all must try to attain: toughening of

(Continued on page 46)

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DEFENSES AGAINST "T" FORMATION

By JOHN D. McMILLAN
Football Coach, Erskine College

A "FORMATION" as such does not merit "Defensing"; however, spacing of men and methods used in employing these men are of value in setting up a defense for a team. Sound defensive principles such as hard tackling, rushing of passers, and covering receivers are about the same against all formations. Such details are made a little more difficult by the combination of snappy ball-handling and sharp faking of the "T" formation backfield.

Very little power blocking is used by "T" teams, so individual assignments are the rule rather than the exception. Team defenses must be very precise and necessitate rehearsing daily. Since "T" blocking assignments are single blocks, constantly changing defenses are a nuisance to the linemen and more of a headache



JOHN D. McMILLAN

to the quarterback. Connected with these changing defense principles one encounters the overloading idea which makes seven, eight, and even nine man lines possible. This overloading kills the best plays of a team's offense, thus making it necessary to resort to trickery or check signals of the split second variety. The overloading principle is more often used against the "Split T" or straight "T" without a man in motion.

Before setting your defense for an opponent, study their strengths and weaknesses so that a set-up may be arranged that will more nearly stop or slow their best means of attack and check as much as possible their second best phases of play. Never let a team play their best game against you, if at all possible. Often personnel shortages will catch you so that it will be necessary to spot the offense some weaknesses in your defenses. These weaknesses should be shown the defensive team so that confidence will not be destroyed by the constant gains of the offense when it discovers these openings. In pointing out the advantages of changing defenses, stress the strengths and weaknesses with the idea of having the defensive signal caller anticipate the needs of the offense and meet this with one of the defenses assigned for the game.

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Of these combinations, I like the five-man line best. I believe it will come nearer handling all the situations than any other of these mentioned. Two, three, or four linebackers may be employed to the satisfaction of the coach.

The spacing used in the five is to put men head on the center and tackles, and about one yard outside

the offensive ends. If three linebackers are to be used, place them thusly: one on the head of the center and the others about one yard and a half off the line directly in front of the offensive ends. Play your halfbacks about seven to nine yards from the line of scrimmage and to the outside of the ends.

Our instructions to the three middle men are to hit and play the ball. These men should be big and strong if you want to prevent short yardage through the middle. The ends get across fast, making the man show with the ball as quickly as possible. The inside man will take the first faker to show, with the outside men being responsible for wide stuff in the direction of the ball and for cutbacks or counter stuff to the weak side. The halfbacks come up fast on running plays to help on the outside.

The outside linebackers slow the ends down as they attempt to get out for passes, so that the quarterback will have shown he intends to pass before the ends can get beyond our halfbacks. A man in action can be covered by either the man on the flank, the halfback, or the man in the middle. Sometimes he is completely ignored.

The five-four-two will give you added strength in the middle, with the linemen playing the same type of assignments, the outside men play wider, inside men working on the ends as they come through.

Definite assignments must be made for men in motion, along with the two men that are able to get deep for passes.

BALL POSSESSION

(Continued from page 28)

(2) Held Balls.

You have an opportunity of getting possession of the ball by means of held balls. You should have a set offense for these situations. Even with our championship team of 1948, we had a period of almost three weeks during the month of January when we were getting fifty percent or less of the jump balls in every game. We knew that this information was correct as our chart man had these figures for us. For the next few days we spent ten minutes each day on this and gave exact assignments to every man. Immediately we started getting over sixty-five percent of the jump balls.

(3) Free Balls

The third method of getting possession of the ball is by getting the loose or free balls. We like to play aggressively. Our entire system of play, offensively and defensively, is

SOUTHERN COACH AND ATHLETE

based on aggressiveness.

Many coaches believe that football and basketball do not go well together. That is true if the football season tends to drag into the basketball season, but where the two seasons do not conflict, I think it would be well for all basketball players to play football and all football players to play basketball. Basketball gives to a football player grace, lightness on feet, and tends to eliminate clumsiness. Football gives to the basketball players ruggedness and aggressiveness. In the past few years we have had boys who have loved to play basketball, that have been aggressive and that have managed to recover many loose balls for our team.

(4) Rebounds

The fourth method of gaining possession of the ball is by means of rebounds offensively and defensively. We have always maintained that a shot should never be taken at the basket unless there is a reasonable opportunity of making it. Far too often boys just throw the ball at the basket and hope that it will go in. We take pride here at Kentucky in getting the ball off of the backboards. We take a very realistic viewpoint of this, giving credit where credit is due, as that is always the ideal method. We like to say "I'll get the ball, let's see who will throw it away." Have a chart man keep track of your rebounds. It will tell you and also surprise you as to which player is getting the ball for you.

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Texas ROUND-UP



By STAN LAMBERT, Football Coach, Lamar College, Beaumont, Texas

A Couple of Loose Thoughts

Every once in a while we have an idea; occasionally one will hatch out; and when that happens, we feel that we are making progress. We are passing a couple of them on to our readers in this issue. We have tried one of them and like it; and we are contemplating putting the other into effect at the close of this season.

The After-Game Meal

This is the one that we have tried out and like. After several years of playing night football games, we kept making the observation that too many of the boys were nibbling around on big after-game midnight steaks, and leaving most of it. We further observed that the boys who were really doing the hard playing were too tired to eat much; but that the bench-warmers were not only eating their own, but also that of two or three of the ones that were really playing the game. Then the realization that we were making the after-game menu for the wrong crowd dawned on us. In other words, we were ordering for the boy that we brought along "just in case" instead of the boy that was really playing the game. So, we began thinking about food that was not only highly palatable and digestible, but also nourishing and restorative. After thinking it over, and observing what the boys ate "on their own", we came up with the following after-game menu:

- 1 glass of orange juice
- 1 thick malt or milk shake
- 1 special order toasted sandwich preferably sliced chicken or cold roast beef with plenty of tomatoes and lettuce.
- 1 slice fruit pie a la mode (double dip)

The first step was to sell the boys on the why of it. Then we tried it out several games, both at home and away; and the boys who were really doing the playing told us that they got more good out of it and could sleep better after a meal of that kind than after trying to eat the less attractive steaks, potatoes, and peas. We are passing the idea on to you for what it might be worth.

A Method for Lettering Athletes

This is the one we've been turning over in our minds for several years and contemplate putting into effect this season. An explanation of our idea will require going back about 20 years into the history of the game and bringing two ideas up to the present time.

Back when we started playing football in 1925, coaches were pretty tight with the letter award. As we remember it, about 16 to 20 from the squad received the coveted award. Of course, that was before the day of large squads, the free substitution rule and multi-dollar gates. When a boy wore the school letter "in the good ole days", (I know I'm getting old now) all who saw it knew that he had really earned it. However, now with larger squads, specialization, free sub-

stitution, plenty of money, etc., the number of awards has gradually been increased to the point that it is nothing to hear of a squad having 35 to 40 lettermen — and the average is around 30. In our opinion, this has cheapened the value of a letter; so we got to thinking about a remedy for it.

STEP RIGHT UP LADS



GET YOUR SCHOOL LETTERS



One Way Out

In thinking the problem through, we still wanted to letter every boy who's contribution to the team's success merited his wearing the award; but we also wanted to give some special recognition to that 15 to 20 boys who were still doing most of the playing. Then we hit upon the idea of lettering every boy who, in the eyes of the coaches, deserved one, but to give the boys who were averaging playing about three quarters every week-end special recognition by putting a star in his letter.

"But," you will say as I did, "the star is the traditional symbol of the captaincy. We can't do that." Well, let's turn back the pages of history again and trace the captaincy down to the present. Back when we started playing football, a team had one captain. He was generally elected at the close of the preceding season and kept it all year. Then we started electing co-captains, and occasionally a team would pop up with tri-captains. Now the most common custom is to either elect or appoint captains for each game, and then elect honorary captains at the end of the season. Hasn't the star, as a genuine symbol of the captaincy, lost its meaning, too? We contend that it has. So far as its signifying the captaincy, it has already taken its place with the flying wedge and the one-piece football pants in the junk heap of progress. This idea would give some special recognition to those who are down in the muck and grime most of the time, and also restore a former grand symbol of the game to a place of respect.

Pouring It On

These junior college coaches in this league are really making it rough on ole Stan. We made the mistake of not sending them our clippings so that they would know that we were supposed to win a game every once in a while. It's the darndest league we ever saw for being hogs — none of them will "divvy up" with us. Oh, well, we suppose the Good Book was right when it said, "Those who live by the sword shall die by it."

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The Brenham Chapter of the Future Homemakers of America is a very active one and has produced one or more area officers for the past three years. This group makes service its motto and has participated in many school, community, and world-wide service projects. In addition to this, the girls plan and enjoy many fun-packed social events.

Southern schools and colleges are scheduled for the "Southern Schools" feature in the order in which requests are received. If you wish to have your school scheduled to be featured in one of our forthcoming issues, write to: Dwight Keith, Editor, SOUTHERN COACH AND ATHLETE, 115 Walton Street, N. W., Atlanta, Georgia.

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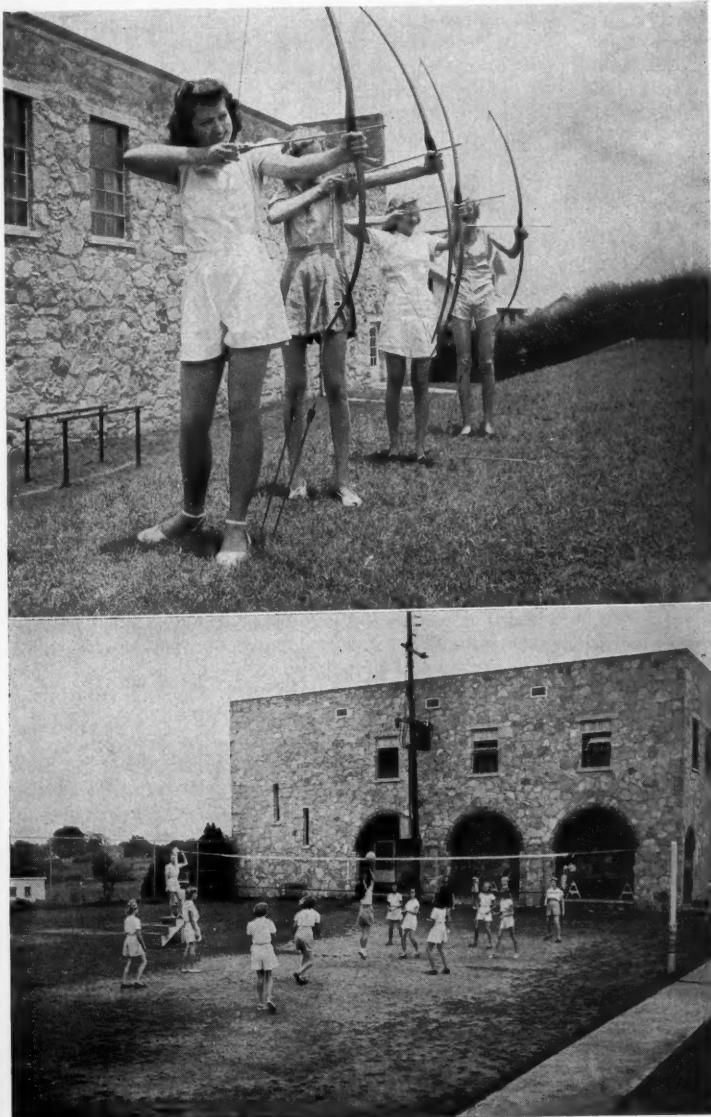
ATLANTA, GEORGIA

ORGANIZED ATHLETICS*(Continued from page 13)*

At the end of school each boy is given ten tests in different events, such as running a required distance, carrying his own weight piggy-back, jumping, push-ups, etc. He is graded according to his classification evaluations and he is classified according to weight, height, and age. This serves to keep the inferior or small boys interested and creates enormous interest since each wants to beat his own or other time.

We have realized for several years that our girls' Physical Education program was inferior, but a determined effort is now being made to build it up on a par with the boys' program.

Archery and volley ball enjoyed by girls at Brenham High School.

**SCHOLARSHIP AND FOOTBALL***(Continued from page 11)*

well. This is natural and right. But it can become and sometimes is a little short sighted if this enthusiasm causes the player to lose sight of his real goal, a good education. The primary purpose of any football player not in professional football is his education. Fans generally take it for granted that the players will attend to the necessary chores of "boning" in Latin, Spanish, mathematics, English, history, science, and the other courses, but it is a rare thing indeed for any football player to be on public exhibition for the manner in which he may fumble a quadratic equation as he is in handling a pass or punt. This difference in public display of a player's talents on the field or in the class does create a strain in favor of the game. It is a strain created by interest in what the public has a chance to see and to be more familiar with in their common interest with the boy. This interest is also good for the player, provided it does not create an over-emphasis for football and lessen the emphasis on school work.

A small percentage of the football players will make a profession of the game. Even this small percent cannot afford to make school work secondary to football. A study of the roster of the football "greats" is filled with names of men who made good scholastic records. To me, there seems to be but one best answer in the placing of emphasis by any player on scholarship or football. Play the game for all it is worth and then do no less when the school bell chimes.



Traveling 'Round the SOUTHERN CONFERENCE

with JACK HORNER, Special Staff Representative

The Durham Quarterback Club is the future home of the Jacobs Blocking Trophies . . . It was the late Dr. William Plumer Jacobs' wish that the presentation ceremonies be held in Durham each year and the Quarterback Club has taken over sponsorship of the affair . . . The party was held in Durham the past two years . . . This year's banquet has been set for Monday night, Dec. 6, and the champion blocker of the Southeastern Conference, the Southern Conference and the state of South Carolina will be honored at that time . . . Dr. Jacobs died this past Summer but his sons plan to carry on their father's idea of honoring football's unsung heroes . . . Dr. Jacobs was a blocking back on the Presbyterian College team which he later coached . . . He also climbed to the presidency of the college . . . Which reminds us of another college president, Dr. Harry (Curly) Byrd of Maryland, who once was a star athlete for Maryland teams . . .

In case it has interested you to know how many substitutions some coaches employ in a football game, Smith Barrier, energetic sports editor of the Greensboro (N. C.) Daily News, kept tab on Coach Carl Snavely's shuttling of North Carolina players in and out of the game with Louisiana State . . . At the end of the game, Barrier found that Snavely had made 291 substitutions, 87 of them in the third quarter . . . He used 76 in the last quarter and 64 in each of the first and second quarters . . . Carolina sent in at least six men 27 times during the game . . . L. S. U. used 154 . . . Snavely, of course, employs the two-team system at Carolina.

Tom McHugh, Maryland guard, hadn't missed a point after touchdown until the Old Liners took on Duke . . . He had booted seven in a row . . . But in the Duke game, McHugh missed two chances and Duke won by 13-12 . . . When South Carolina beat Clemson last year, Gamecock followers gave Coach Rex Enright a new Cadillac . . . After Clemson whipped South Carolina this season, Coach Frank Howard got a few more handshakes . . . One of the finest ends in the conference will go unnoticed when the mythical all-star teams are selected at the end of the season because he plays for little Davidson College . . . The name is George (Buddy) Cheek, six-foot-three senior from Selma, Ala., and one of the leading pass catchers in the nation.

Duke and North Carolina are the first conference schools to inaugurate the card stunts by students at football games . . . The rival student bodies planned to put on their acts with cards from both sides of the stadium at the Duke-Carolina game . . . George Washington and Maryland resumed football relations this

season for the first time in 38 years . . . Coach Carl Snavely gave his Carolina football team a holiday Monday after the tough game with N. C. State and the No. 1 Carolina lineman, Ted Hazelwood, 220-pound tackle, went out and accidentally shot himself in the leg at target practice . . . He missed several games . . . This caused one coach to remark: "The safest place for football players is on the football field." . . .

The N. C. State basketball team has lined up the most ambitious cage schedule any conference team has ever tackled . . . A 12,000-mile trip to the west coast at Chirstmas-time features the Wolfpack card . . . Coach Ev Case's basketeers show at Reno, San Francisco, Los Angeles, Cleveland, New York and Philadelphia . . . At Los Angeles, they play in a National invitation tournament, Dec. 28-31 . . . North Carolina's White Phantoms of the hardwood go bowling on Dec. 28, meeting Arizona in the Camellia Bowl at LaFayette, La. . . The annual Southern Conference cage tournament has been carded for Duke's 9,000-seating capacity gymnasium, March 3-4-5 . . . It will be the third straight year Duke has played host but 1950 will find the event going back to Raleigh where N. C. State will have its 13,500-seating capacity gym ready . . . Work is going forward on the mammoth gym and it will be opened next Winter.

Spud Chandler, the former New York Yankee pitcher, is scouting football talent for the Yankee footballers and he has his eyes glued on Charlie (Choo Choo) Justice, North Carolina's All-America tailback . . . Justice is a junior, however, and will not be free to dicker with the pros until 1950 . . . Maryland rooters believe they have another Lu Gambino in young Ed Modzelewski, freshman halfback sensation who won't be eligible until next year . . .

Nick Sacrity, Wake Forest All-Southern tailback who was a promising T-formation quarterback with the Chicago Bears last season, made the biggest decision of his life when he decided to quit the game to enter med school . . . "I want to be a doctor," explains Sacrity, "and I had to quit sometime . . . I figured I better not put off entering medical school any longer," said the 25-year-old youth who was called by Coach George Halas "one of the greatest first-year T quarterbacks I've ever seen."

Roy B. Clogston, new N. C. State athletic director, is making a big hit around the conference . . . Liked by everyone who comes in contact with him . . . Virginia Tech hadn't scored when it hit Duke but Coach Bob McNeish's Gobblers won a moral victory by holding the Dukes to a 7-0 score . . .

November, 1948

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CONDITIONING

(From page 36)

feet and legs, coordination of feet, coordination between hands and eyes, and top speed "drive", or all-out effort in every movement. As soon as the fundamental objectives are fairly well attained the natural thing is to increase the difficulty. Balance, both stationary and moving, agility or change of pace, and endurance are next in order. It is up to the coach to accept good ideas from others, be inventive, and finally adjust his system of drills to the material. Remember, the boys are not responsible for over exercising, the coach is the judge of that. Stationary and moving work should be alternated, especially early in the season and with young boys.

PHYSICAL CARE AND TRAINING

Important factors in maintaining good physical condition are hygienic surroundings and care of injuries. Before the boys report for practice, each should have a **thorough** medical examination. It is also necessary throughout the season to have a physician available for consultation on serious injuries. If this physician is interested in sports he will not be as liable to immobilize a lot of boys as will most general practitioners.

Cleanliness is a must in all the athletic set-ups. Uniforms should be laundered at least twice a week, dressing rooms and showers cleaned with soap and germicide daily, and towels issued daily. A daily weight chart, weighing "in" and "out" will give the coach a good idea on condition by watching any weight fluctuation. The feet bear watching constantly. Toe nails and calluses should be trimmed weekly. The old fashioned liquid foot bath has given way to the modern dry powder bath. The athlete's foot fungus will have a shorter life in a dry, sterile medium (the feet), hence the effect of powdered salicylic acid or some other germicide. Any type of infection is a case for the doctor.

PSYCHOLOGICAL AND SOCIOLOGICAL

Of great importance in maintaining good mental attitudes or "condition" is each boy's background, both psychological and sociological. Home life can be a tremendous influence on his behavior. It would be worth while for the coach to investigate this part. Great tact must be used in some cases, especially where there isn't a training table or the boy eats

at home. Maybe he doesn't get an adequate diet. Maybe his home is a broken home. Where does he spend off hours? All are important to his success and to the success of the team. Constant attention must be paid to each boy's school life. What kind of grades does he get? What clubs does he belong to? How does he adjust himself to the other students? Kind suggestions and a little effort may help him.

In athletics, team members have to associate a lot while not playing. Careful supervision of time while traveling and in dressing rooms will keep a team spirit prevailing, off as well as on the floor.

The greatest influence a coach has on a team, especially on younger boys, is exemplary. It is hard to convince a boy not to smoke while holding a cigarette in your hand. If the coach uses bad language, stays up late, doesn't shower, or any other poor practice, he will certainly have a hard time convincing the boys not to do so. If he intends to do these things without their knowledge, he is doomed to disappointment. They will know.

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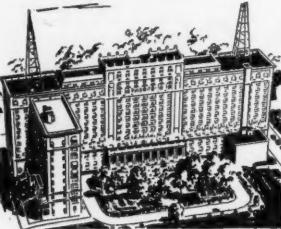
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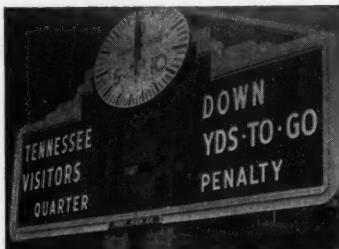
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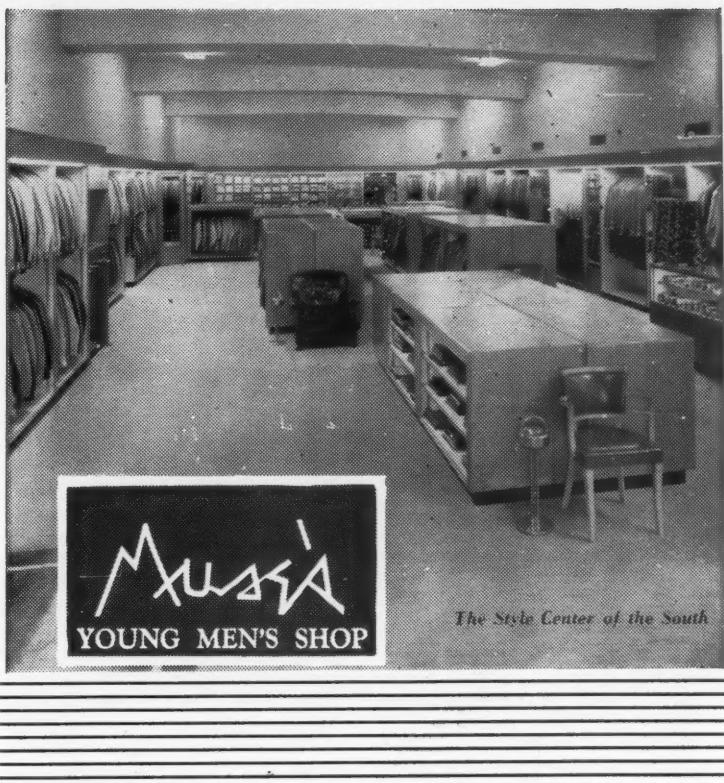
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Organization for COACHING TRACK

By J. I. "SCOTTY" HENDERSON
Track Coach, Fletcher High School

IN TRACK, success depends upon organization, planning, and discipline.

All squad members expect to be made to perform. If not, they are disappointed. The coach will get from the boys what he expects from them. Discipline comes from two sources: (1) that which is demanded by the coach, and (2) that which is self-imposed by the boy himself. Each is important and is developed as a result of the coach's efforts and enthusiasm.

The importance of daily attendance at practice must be kept in the participant's mind. I always check attendance daily for this reason. This makes the individual feel that he is being missed if he is not there. The boy who misses practice is of little value to the team because he not

only misses instruction but he gets behind on his conditioning.

Discipline of training is the foundation on which a coach builds. Every boy should get nine hours of sleep every night, and be in bed not later than ten o'clock. He should go to bed at the same time every night. Three meals should be eaten every day at the same hour, with the evening meal the largest. The meal should be well-balanced in all foods. Between-meal snack and soda fountain concoctions should be forbidden.

Meals on the day of a meet should be very light, and consist of fruits, juices, toast, and soup. Always eat at least three hours before the first event.

Values derived from observing these rules can be dissipated by week-night dates, parties, and loafing with the "gang". All social activities should be on the week-end, and then to the extent that no training rules are violated. In this, the coach must set a rule specifically against smoking and drinking. In many instances conditioning will win for the participant, and he cannot win without it.

Early season work-outs should be

devoted to conditioning and determining each participant's aptitude. The work-outs should consist of push-ups, knee bends, sit-ups, ground hurdling, leg lifts, rope jumping, trunk exercises, and cross-country running.

This should be followed daily for at least two weeks. At the end of that time each boy should be placed in two events. If you find out later that you have misjudged the boy's ability, or that he is needed in other events, there will be time to make changes as a result of the early season work-outs.

After early season conditioning has been completed, each boy should have a work-out schedule. It should be so arranged that all of the boy's time will be occupied from the moment he gets dressed until he gets home.

All work-outs should be started at the same time every day. Regularity is good for the boys. Team discussion should be held each day so that the plans for the day and season may be discussed. This prevents practice from becoming a trip to the field for a work-out and back to the dressing rooms.

The team discussion should only take about five or six minutes. Such details as when to take off sweat suits at meets, care of feet, shoes, rules, etc., should be discussed at the time. The boys should be encouraged to work-out in pairs at this discussion.

(Continued on page 50)

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SCOUT REPORT

On Coaches, Players, Officials and Fans

By DWIGHT KEITH

1949 Georgia Clinic Date Set

The third week in August has been set for the 1949 coaching clinic, sponsored by the Georgia Athletic Coaches Association and The Atlanta Journal. It had previously been scheduled for the second week of August, but was reconsidered when it was learned that the earlier date would conflict with the G. M. A. summer school and would interfere with summer jobs of coaches and players and would also conflict with summer schools which many of our coaches will be attending. The All-Star football game will be played Friday night, August 19. Coach Frank Leahy, of Notre Dame, has been definitely signed and will be given a prominent place on our program. Plans are also being worked out whereby he will bring along his quarterback who will assist in the demonstration. We will be able to announce more details of our program in the December issue.

After going to press with the October issue, we received letters from Coach "Ears" Whitworth and Elmer Lampe expressing their surprise and sincere thanks for the check which they had received for services rendered in the 1940 clinic. I think Whit was glad we were late paying him — said he would have blown the money if he had had it anyhow. Elmer is snowbound in Hanover and can't get out to spend his. We also received a letter from Charlie Griffin, of Georgia Tech, thanking us for our willingness to pay, but declining to accept same — said it was always a pleasure to work with our association. Now take back all you said about him for not giving you a ticket on the 50-yard line.

New G. A. C. A. Office

We expect to be in our new office at 115 Walton Street, N. W., around November 15. The place which we leased had quite a bit of work to be done to it before we could move in — wiring, flooring, partitions, etc. When it is ready we believe it will receive your hearty approval and we are sure it will greatly facilitate the work of the association.

1948-49 Dues

Our fiscal year runs from September 1 through August 31. You fellows who paid dues last Spring were paying them for the year which ended August 31, 1948. This is now a new year. Check on your membership card and see how you stand. Dues are \$3.00 a year — mail to Dwight Keith, Secy., 115 Walton St., N. W. Atlanta, Ga.

Congratulations, Register!

Shorty Register, past President of the Georgia Athletic Coaches Association and former basketball coach at Jordan High School, of Columbus, Georgia, has been elected to the office of City Commissioner of Columbus. Congratulations to a deserving fellow.



Front Cover Photo

Charlie Justice, University of North Carolina's triple-threat halfback, adorns our front cover this month. Justice is a great climax runner, an excellent punter and better than average passer. This is his third year with the Tarheels. He is a spirited player, a great team man, a fine leader and unquestionably one of the best football players Carolina has ever produced.

Southern Co-ed

Ruth Maroney is a 21-year-old senior at William and Mary, and comes from Atlanta, Ga. She has been a popular and active figure in campus circles for the past three years, and has done considerable amounts of modelling, both locally and nationally.

She's five-feet-five, brunette and blue-eyed as can be. During the summer months, she models clothes in some of Atlanta's top stores. She once appeared in *Mademoiselle Magazine* modelling college clothes, and says she'd like to model for a living after graduation, "... but I'll probably end up teaching."

Ruth's only hobbies are bridge and dancing. She seldom misses a dance on the campus, and often is the instigator of bridge parties at the Kappa Alpha Theta House in which she resides as a member. She is a Spanish major, and some day hopes to make a trip "South of the Border."

Last spring, she appeared in the College Varsity Show, "Take Your Time," in which she did several dance numbers. Also, she was an attendant to the Homecoming Queen and had a part in a fashion movie made on campus.

Bob Johnson, of Fernandina, Florida, is the efficient manager of Auburn's 1948 football squad ... A former high school athletic coach, Dr. Ralph Draughon, a native of Geneva, is acting president of Auburn. The popular Dr. Draughon, the Tigers' No. 1 booster, launched his coaching career at Orrville in West Alabama. He views the Tigers in a majority of their engagements in all sports ... The 1948 Auburn cross-country team is led by the South's lone Olympic team member of this year, Junior Whitey Overton, slender Southeastern Conference champion from Montgomery. Overton will lead the Tigers this season in dual meets with Florida, Alabama and Georgia Tech, and in the annual Southeastern Conference and Birmingham Road Race ... Resuming athletic relations this year for the first time since 1907, Alabama and Auburn will square off in the four major sports and in two minor sports during the 1948-49 collegiate term. Their football battle this year will be fought in Birmingham on December 4, before a sell-out audience.

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third floor

ZACHRY

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COACHING TRACK

(Continued from page 48)

sion period. This will build team spirit and friendships which cause a boy to become interested in a teammate's performance.

The following is a daily schedule for our high hurdlers:

Monday:

1. Warm-up exercises
- a. Touch toes with hands and keep knees straight.
- b. Kicking high and bouncing exercises.
- c. Deep knee bends.
- d. Ground hurdling.
- e. Leaping in knee bend position.
- f. If available, rope jumping.
2. Jog a lap.
3. Wind-sprint a lap.
4. Walk a lap.
5. Sprint 220 yards.
6. Walk two laps.

Tuesday:

1. Warm-up exercises.
2. Jog two laps.
3. Work on form for starts and going over first hurdle.
4. Run a lap at half-speed.
5. Walk two laps.

Wednesday:

1. Warm-up exercises.
2. Jog a lap.
3. Work on form going over two hurdles.
4. Sprint 220 yards.
5. Walk three laps.

Thursday:

1. Warm-up exercises.
2. Jog a lap.
3. Work on form going over first three hurdles.
4. Walk two laps.

Friday:

1. Warm-up exercises.
2. Time trial.
3. Walk three laps.
4. Coach and hurdlers discuss time trial.

Saturday:

1. Walk at least three miles.

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NOVEMBER PAY-OFF

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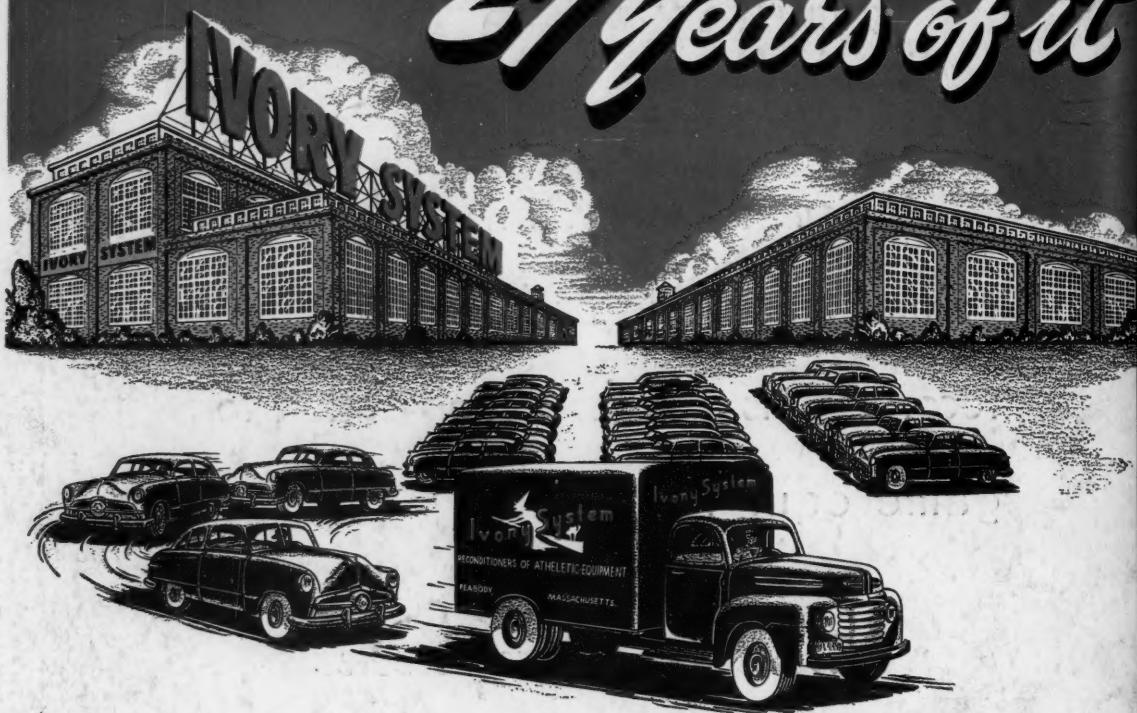
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